

## A RESTORATION PROJECT - FORGIVING

### **Philippians 2:1-5**

Have you ever admitted a mistake and asked for forgiveness? Has anyone ever forgiven you, personally? Do you remember what it felt like? We all know what it's like to be hurt, and what it's like to hurt others. Confession helps us face our mistakes, and while forgiveness doesn't erase the past, it releases the grip the past has on us. We're going to explore how confession and forgiveness can rebuild relationships and renew our hearts.

#### **Day 1: Read Philippians 2:1-5.**

Practice: Start your day with this prayer, "Jesus, shape my heart with Your humility and love today."

Reflection questions: What part of my life needs God's steadfast love more than my self-control right now? How can humility open space for healing?

#### **Day 2: Read 1 John 1:5-10.**

Practice: Name one thing you've been avoiding or hiding and place it in God's care.

Reflection question: What am I carrying that I need to confess to God or others instead of carrying the burden alone or hiding?

#### **Day 3: Read Psalm 52:1-12.**

Practice: The next time you wash your hands, or take a bath or shower, pray this prayer: "Lord, forgive me. Restore me. Wash me clean."

Reflection question: Where do I need to let God wash me clean, and receive God's mercy, instead of continuing to punish myself?

#### **Day 4: Read Romans 8:1-4.**

Practice: Begin your day with this prayer, "In Christ, I am forgiven." Repeat as necessary throughout your day.

Reflection questions: What changes when I remember that my identity is rooted in Christ, not in my failures? What old story about myself am I being invited to stop rehearsing?

#### **Day 5: Read Ephesians 4:25-32.**

Practice: The next time you wash your hands, or take a bath or shower, pray this prayer: "Lord, help me let go of resentment. Wash away my anger. Make room again for peace."

Reflection questions: What is holding on to resentment, anger, or hurt costing me?

#### **Day 6: Read Lamentations 3:19-24.**

Practice: Start your day with this prayer: "Lord, Your grace renews me in every moment." Repeat throughout the day as needed.

Reflection question: What does it mean that God's mercy meets me every morning?

Philippians invites us to ask ourselves, "Where am I still living as though condemnation has the final word instead of grace?" Then Paul's invitation to imitate Christ invites us to let go of human condemnation and judgment, of anything that stands in the way of knowing and sharing God's grace.

**Confession and forgiveness are not weakness; together they loosen anger and resentment so love can move freely again.**