



the **Choosing**
Forgiveness
CHALLENGE

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the **Choosing Forgiveness** CHALLENGE

Day 1: It's Time to Move From Hurt to Hope

There is a tie that binds every human heart from every walk of life, living on every continent, in every era: the need to forgive. When we were children, our parents and teachers prompted us to forgive the sibling who broke our hula hoop or the classmate who called us a naughty name on the playground. In high school, we struggled to forgive the boyfriend who broke up with us or the friend who spread embarrassing rumors about us. We may have turned our tassel at some point, but we never graduate from getting hurt, so the need to forgive followed us into our first job, our new neighborhood, and our newlywed years. Because there is not a wedding anniversary that signals the end to all conflict and misunderstanding, our marriages will always present chances to extend and receive forgiveness. Parenting brings more of these opportunities, as does empty nesting, grandparenting, and the retirement years. **In short, forgiveness is a skill we will all need for our whole lives.** That must be why the Bible mentions it so often (and with such firmness). Jesus Himself said:

“But if you don’t forgive others, your Father will not forgive your offenses” (Matt. 6:15).

Though forgiveness is a muscle we’ve been flexing most of our lives, the reps don’t always get easier. As fallen creatures, bitterness and unforgiveness are our more natural responses.

Of course, you already know all of this. You didn’t sign up for this challenge because forgiveness is easy or because there is no one in your life you are harboring bitterness toward. **You signed up because forgiveness is hard and because hurt and anger and resentment have seeped into the deepest crevices of your heart and you aren’t sure how to clean them out.**

Extending and requesting forgiveness often requires divine help. Fortunately, by His Word, His example, and His Spirit, God stands ready to teach us how to find freedom through forgiveness.

For the next thirty days, you’ll open your Bible alongside thousands of women from around the world and discover the whys and hows of freedom through forgiveness. Consider grabbing

Nancy DeMoss Wolgemuth's best-selling book [*Choosing Forgiveness: Moving from Hurt to Hope*](#) (recently updated!) as a companion resource for this challenge.

By signing up, you've already started your journey to freedom. Would you consider forwarding this email to some friends who need to take the challenge with you? Imagine what God could do with a group of women set free from the chains of bitterness and resentment!

For the next thirty days, an email will be delivered straight to your inbox that includes:

- A passage of Scripture to meditate on
- A specific challenge to embrace
- A short devotional

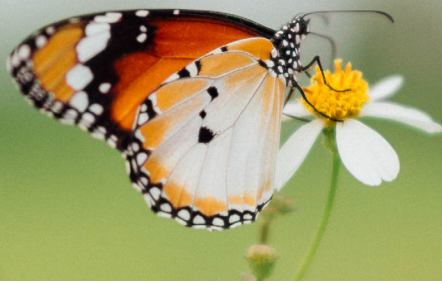
Along with:

- Steps to make it personal
- And links to additional resources selected by the *Revive Our Hearts* team

You'll also receive some "grace notes" along the way. These are opportunities to slow down, pray, and consider what God is doing in your life in the area of forgiveness. Keeping a journal is one way to process the journey.

To prepare your heart, spend some time with the Lord in prayer. Ask Him to bring to mind anyone you need to forgive. Then, make a list. Keep it somewhere safe; you'll be encouraged to look at it again at the end of the challenge.

Like antibiotics delivered by IV, forgiveness brings healing to the areas of our life where anger, resentment, and bitterness have begun to fester. Even for complex hurts, the Bible makes it clear—**with God's help, you can choose forgiveness.**



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Day 2: Wound Care 101

by Katie Laitkep

Your Challenge: Believe that God is able to handle the pain of your past hurt.

He himself bore our sins in his body on the tree;
so that, having died to sins, we might live for righteousness.
By his wounds you have been healed. —1 Peter 2:24

When you're preparing to become an elementary school teacher, professors don't warn you that the sentence, "Stop picking your scabs," will become a regular part of your classroom communication. In the years I spent with school-aged kids, "If you touch it, it will bleed," was a statement my students knew well.

But no matter how many times I repeated the sentiment, it wasn't until the kids experienced the mess themselves—through trial and error and blood on tables—that they finally let go of their wounds and allowed them to heal.

When you reach adulthood, you still have scabs and scars, but often the messiest ones come from emotional wounds. When a wound is tender from the pain of past hurts, you're less likely to let anyone near it. **Instead, you try to handle it yourself, not realizing that as long as you're trying to fix it your way, you're missing out on the healing God alone can provide.**

Our natural way of handling these hurts only results in keeping them sore and inflamed. It is God's way—and His way alone—that holds out any hope of healing and rescue from the inevitable troubles of life that we face.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

This is likely not the first time you've heard that God's way is better than yours. Through experience, you've already found that holding tightly to your past hurts only deepens your resentment and makes your relationships more dysfunctional.

Today, if God is asking you to place a painful situation in His hands, don't wait any longer. **Entrust your deepest scars to Him. By His wounds, true healing is possible.**

Making It Personal

- Can you think of a situation where you tried to handle a past hurt yourself?
- How did your response affect your relationship with God?

Digging Deeper

When you get a scratch or a scrape, you reach for a Band-Aid. But what do you do for internal injuries: the kind of wounds you get when someone lies to you, mistreats you, or abuses you in some way? In [this radio program](#), you'll hear how forgiveness can be a pain reliever.



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Day 3: God Is Able to Fully Extinguish Your Bitterness

by *Katie Laitkep*

Your Challenge: Ask God to extinguish all bitterness burning in your heart.

Make sure that . . . no root of bitterness springs up,
causing trouble and defiling many. —*Hebrews 12:15*

The sirens started on a normal Tuesday afternoon. I followed the sound of alarms and found a small group of neighbors gathered on the sidewalk, watching as firefighters fought to control the fire in a nearby apartment. Hours later, the street was quiet. The small crowd had dispersed. The flames were gone, but the charred unit continued to smolder.

We're far more likely to underestimate a fire when it appears to be contained. Burning embers are less dramatic than an uncontrollable flame, but they still contain the elements needed to be dangerous. Add fuel, and a single spark will reignite the blaze.

It's easy to look at unforgiveness the same way. **You may not be known for having a fiery personality or a temper that flies into a rage for injustices and inconveniences alike. Your bitterness may burn quietly:**

- Frustration over the way your life has turned out
- Family dysfunction that gets under your skin
- Relationship issues that repeat themselves

Your resentment will continue to be reignited unless you allow God to intervene. You may not have been responsible for starting the fire, but you get to decide whether you will let bitterness continue to burn or whether you will allow God to fully extinguish the fire through the power of forgiveness.

The question is: *Do those wounds—past or present—have to define who you are, where you're headed, and how you get there?* Is the ugly residue of hurt just your lot in life? And would you really believe it if the answer was no?

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

Making it Personal

- Is there a person or circumstance you have blamed for the way your life has turned out?
- How could allowing God to fully extinguish the bitterness you feel toward that situation set you free?

Digging Deeper

Imagine not being ruled by the bitterness of what others have done to you. Imagine not living under the guilt of what you have done to others. This is what happened when God worked in Andrea Griffith's life. Hear her story in the radio series, "[God's Power to Revive a Heart.](#)"



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Day 4: Get Help STAT

by Laura Elliott

Your Challenge: Know the signs and get help.

Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. —*Ephesians 4:31*

“Our society has become so riddled with rancor and bitterness we almost consider it a normal response to life.”
—*Nancy DeMoss Wolgemuth, Choosing Forgiveness*

If you’ve ever used a mnemonic device to quickly recall important information, you know how helpful they can be. Here’s one that everyone should know: F.A.S.T. According to the American Stroke Association, a stroke is one of the top five causes of death and one of the most common reasons for disabilities in the United States. And time is crucial—on average 1.9 million brain cells die every minute that a stroke is left untreated. That’s why health care providers want you to recognize the warning signs: **f**ace drooping, **a**rm weakness, **s**peech difficulty, **t**ime to call 911 . . . fast.

Likewise, bitterness that’s left untreated can rapidly leave parts of your spiritual heart starved for oxygen, causing untold destruction in your relationships with other people and with God that can take years to rehabilitate—if recovery happens at all. For this spiritual crisis, early intervention is key. You’ve got to see the warning signs and take action . . . fast.

Sometimes the symptoms are glaring, like the partners of bitterness the apostle Paul mentions in Ephesians 4:31—anger, wrath, shouting, slander, and malice. We assume we’ll see them in time to stop the damage. But oftentimes the symptoms are far more subtle.

- Do you replay the scenes where you've been hurt over and over in your mind?
- Does the mere thought of someone who wronged you cause your blood pressure to rise?
- Do you relish retelling to others (or yourself) the story of how they hurt you?

If the answer is yes, **it's time to get help.** It's time to look to Jesus to help you forgive. The road may not be easy, but the good news is that help (and hope) is waiting for your call.

Making it Personal

Take a moment to reflect on your thought life and conversations yesterday. Do you see any warning signs of bitterness there? If so, look to your Savior and begin the process of healing.

Digging Deeper

Looking for more help in evaluating your heart for bitterness? In "[4 Ways to Spot a Bitter Root](#)," Erin Davis will help you spot some additional symptoms.



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Day 5: Paying It Forward Is Easy . . . Until Your Heart's at Stake

by *Laura Elliott*

*Your Challenge: Let your debtor out of the jail of unforgiveness,
and you'll experience freedom too.*

LORD, if you kept an account of iniquities,
Lord, who could stand?
But with you there is forgiveness,
so that you may be revered. —*Psalm 130:3-4*

“Every time I refuse to forgive, anytime I hold a grudge, I am like the man who grabbed his debtor by the throat, demanding, ‘Pay back what you owe me.’”

—*Nancy DeMoss Wolgemuth, Choosing Forgiveness*

Paying it forward (or perhaps in this case it should be backward) has become a popular concept in recent years, especially with the explosion of drive-through coffee shops. In my small town, hardly a week goes by that someone doesn't post on the local buy-and-sell Facebook page something like, “To the person who paid for my order in line at [the local caffeine watering-hole] this morning, thank you! You can't imagine how much your simple act of kindness blessed me on a difficult day.”

Maybe her kids were acting up. Maybe she received some bad news. Maybe she was up all night taking care of an aging parent. We don't know the specifics of her situation, but we're glad to bear the burden of her nonfat, double shot, extra hot latte debt. Sure, she's not perfect, but what's \$4.89 among neighbors? She doesn't owe us anything.

But then we get to work and the egomaniac boss who belittles us in front of our coworkers is at it once again. There's a voicemail from Mom, who piles on the guilt that she hasn't seen her grandkids in a month when *she's* the one whose harsh tone sucks the joy out of every visit. We get home to a

husband who sits and watches one YouTube video after another while we're struggling to get dinner on the table . . . and who knows what he watches when no one else is around. Sure, he asked for forgiveness and said he was done with porn, but the hurt never goes away.

Before we know it, we're hunched over the ledger in our minds, tallying up the offenses committed against us. Suddenly the idea of paying forgiveness forward seems a lot more costly than a fancy cup of coffee. Because it is. It cost the Father His Son. It cost His Son His life.

When we consider the offenses—too numerous to count—of which we've been forgiven by the God of the universe, what right have we to withhold forgiveness from someone else? Yes, sin has consequences. Yes, the hurt we feel is real. No, it doesn't mean we sit under abuse and don't involve pastors, counselors, and legal authorities when needed; but in the end, justice belongs to God ([Psalm 99:4](#)). Forgiveness? It's ours in Christ Jesus, to give as we've received.

Making It Personal

Read the parable of the unforgiving servant ([Matt. 18:21–35](#)). What perspective does the extraordinary amount of money owed by the first servant give us in relation to our sin and the forgiveness we have received from God?

Digging Deeper

Sometimes our emotions get in the way of our ability to extend or receive forgiveness. Dannah Gresh addressed emotions (and how she used Psalm 130:3 to push back against them) in "[The Truth About Emotions](#)," a conference message from True Woman '18.



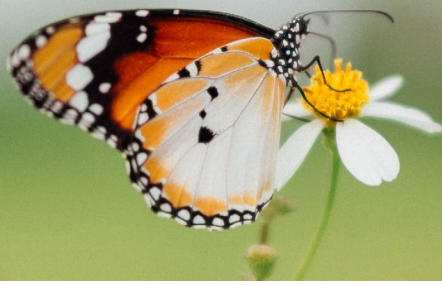
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Days 6 & 7: Grace Note

Make sure that no one falls short of the grace of God and that no root of bitterness springs up, causing trouble and defiling many. —*Hebrews 12:15*

The promise of Hebrews 12:15 is that the grace of God is available to help you do the hard heart-work of forgiveness. You are not in this alone, wrestling with forgiveness in your own strength. This journey is entirely grace-based!

As you rest and reorient, may you meditate on the power of forgiveness.



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Day 8: Beat the Devil by Closing the Door

by Laura Elliott

Your Challenge: Guard your relationships by opening your heart to forgiveness.

Be angry and do not sin. Don't let the sun go down on your anger,
and don't give the devil an opportunity. —Ephesians 4:26-27

My husband and I were married when I was two months shy of nineteen and he was about to turn twenty-one. We had been high school sweethearts, so my control issues and selfishness were no surprise to him, I'm sure. While we were helplessly in love, because we were spiritually immature and were resisting our God-given roles in our marriage the first couple of years in particular had more than their fair share of disagreements. And because I'm a chronic night owl, many of them occurred late in the evening (or early morning, as the case may be).

But nothing—and I mean nothing—would enrage me more than my poor college-student-also-working-thirty-two-hours-a-week husband falling asleep in the middle of a heated argument. How could he?!? After all, I even had a Bible verse to back me up (Eph. 4:26-27). So I'd do the only thing I could think of to wake him up: huff and puff and sigh and cry and sniffle and sometimes even slam doors. It never worked. He could sleep through *anything*. Meanwhile I'd stay up for a couple hours more, making my argument in my mind, becoming ever more embattled, until, seething with anger, I'd finally fall asleep.

What I know now that I didn't know then is that my pet Scripture verse wasn't for my husband. It was for me. My husband didn't go to bed angry, he simply fell asleep. I'm the one who gave Satan an opportunity to disrupt my relationship with my husband and my relationship with God.

When we refuse to forgive, [Satan] is given an opportunity to take advantage of us—to win arguments in our minds, to have his way in our relationships, and to desensitize our hearts to the Spirit’s voice.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

In every situation where I’m hurt or offended, I have two choices: to forgive or to let Satan stick his foot in the door of my heart. Granted, the offenses committed in the course of those sleepy arguments pale in comparison to the hurt and betrayal some women have experienced from their husbands and even to the hurt I’ve experienced in other life situations. But as hard as it might seem, and whatever action may need to be taken *in addition to* forgiveness, the best choice is *always* to forgive. To do otherwise is to place a victory firmly in Satan’s category.

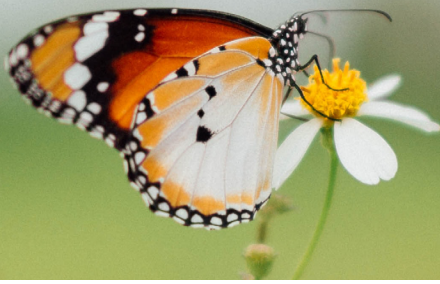
He won’t win the war, to be sure, but giving him an opportunity can cause untold damage to your relationships while he’s on his way to ultimate defeat. And Satan would love nothing more than to take your marriage, your friendships, your church, and even your heart down with him. It’s not a risk worth taking.

Making It Personal

How has unforgiveness given Satan an opportunity in one of your relationships? What can you do to close the door?

Digging Deeper

Sometimes choosing to forgive must be a daily activity, but Donna VanLiere says it’s worth the struggle. Hear her story of healing from childhood abuse in the *Revive Our Hearts* episode [“Trusting God in the Pain.”](#)



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Day 9: A Promise with Perspective

by Micayla Brickner

Your Challenge: Consider how God's promise of forgiveness to you changes how you treat others.

As far as the east is from the west,
so far has he removed
our transgressions from us.
—Psalm 103:12

What does forgiving someone actually look like in your life? Is it saying the words, “I forgive you”? Is it trying to forget?

Maybe forgiveness feels like peeling an onion, and you're constantly working through layers of healing. The hurt runs deep and bitterness has woven its way into your heart.

As wounded as you may be and as complicated as your situation seems, sometimes all you need is a little perspective.

The simple truth of forgiveness is that it is a *promise*—to clear that person's record and keep clearing it if need be. That might sound lofty. But before dismissing this task as impossible, we need only to look at one place: the cross.

Jesus knows what it's like to be sinned against, and we are the ones responsible. The Lord “made the one who did not know sin to be sin for us, so that in him we might become the righteousness of God” (2 Cor. 5:21). Beyond that incredibly good news, God made forgiveness a promise.

As far as the east is from the west,
so far has he removed
our transgressions from us. —Psalm 103:12

When you belong to Christ, God chooses to not remember your sin anymore. The east to the west is endless—an intentional picture about God’s promise to completely wipe away your record of sin.

When we extend to others the forgiveness that Christ extended to us on the cross, we reflect the mercy and grace of God to a world that desperately needs to be forgiven.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

Making it Personal

- Is there anyone you still need to forgive? Will you choose to let go of their sin and not hold it against them?
- If that feels impossible, spend some quiet moments reflecting on your own sin. What has God forgiven you of? What emotions well up inside of you as you realize He has completely removed your transgressions from you?

Digging Deeper

Do you need a reminder about the power of the Lord’s forgiveness? In her blog post, “[Forgiveness Is Not about Me](#),” Cindy Matson gives you a perspective on forgiveness that leads you to dwell on the righteousness of God.



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Day 10: Your Strength Isn't Enough

by Micayla Brickner

Your Challenge: Ask the Lord to give you His strength to forgive and love those who have wronged you.

For it is God who is working in you both to will and to work according to his good purpose. —*Philippians 2:13*

“Forgive? I can’t forgive them after what they did to me.”

“He brought me so much pain. He doesn’t deserve forgiveness.”

“After the way she treated me? I can’t forgive her.”

If you’ve ever said or thought these words, you’re not alone. In a society that seeks justice and people “getting what they deserve,” these thoughts are often justified and even applauded.

But the way of Jesus is different. He calls us to love our enemies, do good to those who hate us, and pray for those who mistreat us (Luke 6:27–28). In Ephesians, Paul says to “be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ” (4:32). The command is clear: we are to extend forgiveness to everyone. But **if you’re wondering how you can possibly forgive that person, well, you can’t. Not on your own.**

When you are transformed by the power of Christ, He equips you to do what He has called you to do.

For it is God who is working in you both to will and to work according to his good purpose.
—Phil. 2:13

Your love, on its own, will never be enough to forgive the cruel actions or the lies and deception of others. On your own, you can never extend forgiveness that heals your pain and releases those who have wronged you. As Nancy DeMoss Wolgemuth says,

It will be—it can *only* be—the love of Christ transplanted into your believing heart that can exchange your weakness for His strength.

—*Choosing Forgiveness*

The love of Christ and the Holy Spirit at work within you empowers you to forgive the way He has forgiven you. His strength makes the seemingly impossible possible.

Making it Personal

- What situation have you felt is impossible to forgive? Now apply the Word of God to that situation. How does Scripture change your perspective?
- What does it look like practically to let the Lord help you forgive others?

Digging Deeper

When God has revived your heart, He will give you the power to forgive. Nancy will help you learn how to escape the pull of bitterness and forgive with the Lord's help in her podcast episode "[The Power to Forgive.](#)"



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Day 11: Justice Isn't Your Job

by Micayla Brickner

*Your Challenge: Surrender your desire to see others punished
and trust the Lord for His justice.*

Friends, do not avenge yourselves; instead, leave room for God's wrath, because it is written,
Vengeance belongs to me; I will repay, says the Lord. —Romans 12:19

Forgiveness doesn't often feel like a win. You might think the one you forgive is getting away with their wrongdoing—that if you forgive them, it's as if you're turning a blind eye and they're not responsible for their actions. Especially when they don't “deserve” or don't even want your forgiveness, the feeling that you're “losing” by forgiving them is often amplified.

The good news is that the way it seems is not reality. First, forgiveness is the right move for many reasons, one being it's what God calls us to. Secondly, **wrongdoers will be held accountable, just not by you.**

Friends, do not avenge yourselves; instead, leave room for God's wrath, because it is written,
Vengeance belongs to me; I will repay, says the Lord. —Rom. 12:19

You can rest assured that God sees the entire situation and He knows your heart. He knows the sting of betrayal you've felt, the abuse you've experienced, or the long lasting ache of pain. Your forgiveness doesn't dismiss their wrong actions or mean they won't face consequences (in fact, you may need to take action by getting help, reporting to the authorities, or finding safety); rather, what matters is your heart attitude in dealing with their sin.

When you forgive, you are trusting the Lord to hold the offender accountable, and it frees you from the snare of bitterness.

What feels like the height of unfairness, what seems to be nothing more than giving our offender the pass, actually becomes for us a step of freedom.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

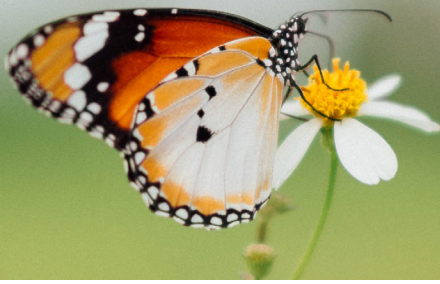
God equips you to break free from the vengeance and anguish that threatens to keep you hostage when you extend forgiveness. You can experience true freedom and trust that no evil person will go unpunished (Prov. 11:21).

Making it Personal

- What fears, feelings, or reservations may have kept you from forgiving someone who has sinned against you? How does God’s Word address those concerns?
- What thoughts and fears can you let go of, knowing that God will not turn a blind eye to the ways you’ve been harmed?

Digging Deeper

God will not let wrongdoers go unpunished. Nancy DeMoss Wolgemuth reminds you of God’s righteousness in the devotion, “[He Will Repay.](#)”



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Day 12: As Forgiven People, We Are Compelled to Forgive People

by Erin Davis

Your Challenge: Face what forgiveness cost Christ.

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he richly poured out on us with all wisdom and understanding. —*Ephesians 1:7-8*

“You wouldn’t understand.”

That is the drum unforgiveness loves to beat, the battle cry our bitter hearts love to proclaim.

When our pastor preaches on forgiveness . . .

When we read God’s command to forgive in His Word . . .

When the Holy Spirit reminds us that it is wise to overlook an offense . . .

Our broken hearts want to scream into our tear-stained pillow, “You wouldn’t understand!” We rationalize that our hurt is too deep, our anger too justified, and our need for justice too strong to forgive them. How can you possibly choose forgiveness for *this*?

Jesus doesn’t need to say a thing. The cross speaks for Him. *He does understand the cost of forgiveness.* He’s got the nail-scarred hands and thorn-pierced brow to prove it. He has agonized over the cost of forgiveness (Matt. 26:37). He’s begged the Father to provide another way (Matt 26:39). And still, He paid the price with His own blood, sweat, and tears to extend forgiveness to you, *and to the one you find it so hard to forgive.*

The cross is the fulcrum that shifts our ability to forgive. It is because Christ paid such an exorbitant price for our forgiveness, and only because of Christ, that we can follow in the footsteps of our Master. **As forgiven people, we are compelled to forgive people.**

Forgiveness isn't meant to be free and easy. It's hard. It's costly. It's painful. But this is the only way it can be real—real like God's forgiveness of us is real—real enough to truly change us.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

If forgiveness feels impossible to you today, don't meditate on the offense. Fight back against the “you wouldn't understand” song of your flesh. Focus on the cross. Jesus does understand. He's been where you are right now. And He paid the price to forgive you so that you can pay the price to forgive others.

Making it Personal

- How well does your life reflect the forgiving heart of God toward sinners? Do you make the gospel believable to others by the way you respond to those who wrong you?
- What does it look like to consider the cross in your daily life?

Digging Deeper

Imagine visiting a prison to face the men who had kidnapped and abused you before killing your husband. Imagine speaking these words to them: “I forgive you,” followed by, “Jesus forgives you.” That's exactly what Gracia Burnham did. Hear her harrowing and inspiring story in [this episode](#) of *Grounded*.



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Days 13 & 14: Grace Note

If you find yourself tempted by condemnation and discouragement, remember that these reactions are evidence of pride still lurking within. Instead, acknowledge that you don't have the ability to forgive in your own strength. Exercise faith that God can give you the grace to put away all bitterness, just as He gives you the grace to repent from other sins. The more you need God's grace, the more you magnify Him!¹

As you rest and reorient, may you meditate on the power of forgiveness.

¹Nancy DeMoss Wolgemuth, *Choosing Forgiveness* (Chicago: Moody Publishers, 2022), 222.



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Day 15: Forgiveness + Gratitude = Obedience

by Erin Davis

Your Challenge: Thank the Lord today for the ways He's using hurt to make you more like Him.

We know that all things work together for the good of those who love God, who are called according to his purpose. For those he foreknew he also predestined to be conformed to the image of his Son, so that he would be the firstborn among many brothers and sisters. —Romans 8:28–29

Did your momma ever make you say you were sorry? Mine did. I have vivid memories of whispering “sorry” through gritted teeth as I dropped my head and kicked at pebbles with my shoe. I didn’t mean it (and I am sure my mom knew it), but she was teaching me the discipline of seeking forgiveness—*even when I didn’t want to.*

Through His Word, God takes this two steps further. As new creations, we seek forgiveness because our Heavenly Father asks us to, but we don’t stop there. We are commanded to offer forgiveness *and to thank God for the situation that made us bitter in the first place.* Makes me want to kick a rock just thinking about it.

First Thessalonians 5:18 says, “Give thanks in everything; for this is God’s will for you in Christ Jesus.” You don’t have to get out your interlinear Bible or consult a big, fat concordance. The word “all” means . . . well . . . all. It’s a word that wasn’t dropped there by mistake. As followers of Jesus, our mission is to thank God for *all* painful circumstances, *all* heartbreaking circumstances, *all* frustrating circumstances, *all* disappointing circumstances . . . and *all* circumstances that make it hard to forgive. Whatever made you opt to take this challenge in the first place, you can thank God for it. How can that be true? Consider a mystery Scripture reveals in Romans 8:28–29.

We know that *all* things work together for the good of those who love God, who are called according to his purpose. For those he foreknew he also predestined to be conformed to the image of his Son, so that he would be the firstborn among many brothers and sisters (emphasis mine).

There's that "all" word again!

You can thank God for whatever He has used to show you that you cannot give or receive grace in your own strength, and trust that He is using it, right this very moment, to make you more like Him. In other words:

If you're a child of God, the ordeal you're undergoing, however wrong or unfair or heartless it may be or may have been, in His providence and skillful hands will be used to take you somewhere good—deeper into His heart, to a place of greater dependence and trust, more perfectly refined into the likeness of Christ.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

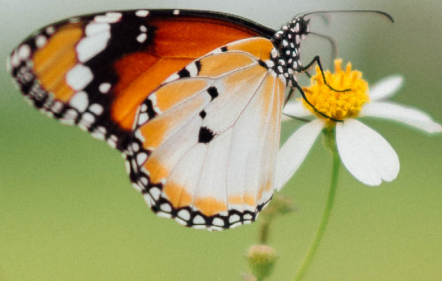
When I see my childhood in the rearview mirror it's easy to be grateful that my mom taught me how to apologize. It's a skill I've used over and over (and over!) again. As you consider those circumstances that you're struggling to forget and the people you're struggling to forgive, you can be grateful, too. God is using all of it to shape you into something spectacular: the image of His magnificent son!

Making It Personal

- What circumstances are causing you grief, anxiety, or resentment today? Say them out loud and thank the Lord for the ways He is using them to reshape you into His image.
- Have there been times when you extended forgiveness before you felt like it? Reflect on how God worked through your obedience.

Digging Deeper

Hear a powerful story of how one woman forgave the unforgivable in [this powerful *Grounded* episode](#) with Carrie Robinson.



the **Choosing Forgiveness** CHALLENGE

Day 16: Trust God to Meet You in the Pain

by Micayla Brickner

Your Challenge: Take all of your pain to the Lord.

“Come to me, all of you who are weary and burdened, and I will give you rest. Take up my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls.” —Matt. 11:28–29

Forgiveness sounds nice, perhaps even simple, in theory. Someone wrongs you, you forgive them for their actions, and you move on. The reality, however, is that feelings are involved, situations are complicated, and the process often involves pain, making this action seem not so simple after all.

It would be nice to wave the wand of forgiveness over the people and situations you’ve been hurt by, to say the three words, “I forgive you,” and to be instantly relieved of your hurt. Or, instead of facing the feelings of sadness and betrayal, what if you buried your pain like digging a hole in the yard—covering it up to look nice and neat, hoping it never resurfaces again? But these “solutions” don’t provide lasting freedom.

Experiencing true forgiveness and the freedom that comes from it involves facing reality and handling it in a godly way. And you’re not in it alone; God will help you deal with the situation, and He will give you grace (Heb. 4:16).

Even though acknowledging the reality of your situation seems like adding salt to the wound, it can actually be an invitation for the Lord to do His healing work in your life.

God does not want you to run away from your pain but to run *to Him* in the *midst* of your pain—to fly head-on into the full fury of it, to face it, to let Him meet you right where it hurts and give you the grace to be set free from any bondage to that hurt.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

When you don't know where to start when it comes to forgiveness or the task seems nearly impossible for your weary heart, run to Jesus. He can be trusted (Psalm 9:10).

Making It Personal

- What role do your feelings and faith play in forgiving others?
- Have you been running away from any pain someone has caused you? Redirect your running to the Lord and lay out all your feelings before Him.

Digging Deeper

Though forgiveness can be tough, God doesn't expect you to practice it on your own strength. In the two-part series "[The Unnatural Art of Forgiving](#)" Dannah Gresh encourages you with truth from God's Word on the subject of forgiveness.



the **Choosing Forgiveness** CHALLENGE

Day 17: When the Offended Becomes an Offender

by Micayla Brickner

Your Challenge: Take responsibility for your own actions.

“Why do you look at the splinter in your brother’s eye but don’t notice the beam of wood in your own eye? Or how can you say to your brother, ‘Let me take the splinter out of your eye,’ and look, there’s a beam of wood in your own eye? Hypocrite! First take the beam of wood out of your eye, and then you will see clearly to take the splinter out of your brother’s eye.” —Matt. 7:3–5

“He started it!”

“I had to make sure everyone knew it was her fault.”

“I’m not sorry for what I said. She deserved it after what she said to me.”

When you’ve been wronged, have you ever responded to someone else’s sin in retaliation or out of spite?

It’s easy to justify our actions when we believe we’re right and someone else is wrong. But when it comes to forgiving that person, perhaps part of the process is seeking forgiveness for the ways we have sinned.

In some cases, you may have honestly not done anything wrong in response to their sin, or it may not be appropriate to contact an offender. But the majority of the time, you likely need to examine your actions or your heart attitude. A step toward forgiveness means taking responsibility for the ways you have sinned against someone who offended you.

You can’t really forgive until your conscience is clear toward those who have sinned against you, until you’ve let God fashion His love in your heart toward those who have failed you.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

The path to extending forgiveness involves humility as you seek forgiveness—even if that person never confesses their sin to you. You can't control the actions of anyone else; what you can control is your response to them.

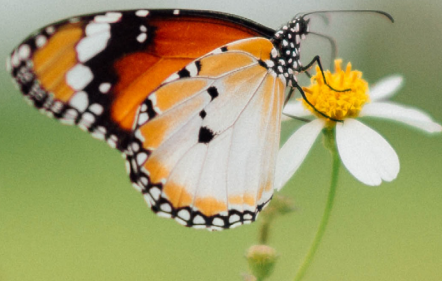
Paul encourages us to “put on compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another if anyone has a grievance against another. Just as the Lord has forgiven you, so you are also to forgive” (Col. 3:12–13). If you haven't responded in this way, it's not too late to seek forgiveness. And as you forgive, watch how the grip of resentment loosens its hold on your heart.

Making It Personal

- How does God want you to respond even if your offender is 95% wrong in the hurtful situation and you're only 5% wrong?
- Who do you need to seek forgiveness from? What step can you take the next time someone wrongs you and you want to retaliate?

Digging Deeper

Nancy DeMoss Wolgemuth says the Christian life is about relationship. She goes into more detail and talks about seeking reconciliation—taking responsibility for your actions—in her podcast episode [“The Offender or the Offended?”](#)



the **Choosing Forgiveness** CHALLENGE

Day 18: Don't Stop Short

by Micayla Brickner

Your Challenge: Choose to forgive even when it's the last thing you want to do.

“For if you forgive others their offenses, your heavenly Father will forgive you as well. But if you don't forgive others, your Father will not forgive your offenses.” —Matt. 6:14–15

Forgiveness is like a bridge over a valley. There is no other way around, no way to move forward into the land of freedom until, step by step, you cross the bridge. You'll never reach the other side if you stay paralyzed as you consider your options, stop in the middle, or go part of the way and turn around. Isn't forgiveness much the same?

You can talk about forgiving someone. You can *want* to forgive them. You might even say you *will* forgive them. But until you actually make that conscious decision to forgive, you'll be living in the bondage of unforgiveness.

Think of the person you need to forgive. The one who hurt you deeply, the one who shamed you, the one who mistreated you. You know the right thing to do—you know God is calling you to forgive your offender. What is holding you back?

Every part of your fleshly nature might be putting on the brakes, your wounded heart protesting an action that seems so contrary to human logic. But following Jesus looks different. He offers you something better—a way out of the pit of unforgiveness that steals your joy and your love. God models how to forgive (Psalm 86:5) and promises us His forgiveness when we forgive others (Mark 11:25).

You don't have to feel like it. You don't have to want to. But if you want to be an obedient child of God, you've got to forgive.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

By His grace and out of obedience to Him, you can choose to forgive. Don't wait until you're "ready" or until it seems like a good time. Spend some time asking the Lord against whom you've been holding something and make the bold decision to forgive. Cross the bridge.

Making It Personal

- Who is someone you need to forgive at this moment? Will you take the step and make that decision?
- How does the act of forgiving someone lead to your freedom?

Digging Deeper

Go deeper in discovering how forgiveness actually sets you free. Nancy writes about it and includes practical ways to help you deal with unforgiveness in her pamphlet [Freedom through Forgiveness](#).



the **Choosing Forgiveness** CHALLENGE

Day 19: How Long, O Lord? The Cry of Angry Hearts

by Laura Elliott

Your Challenge: In times of sorrow, resist the urge to be angry at God.

Wake up, LORD! Why are you sleeping?
Get up! Don't reject us forever!
Why do you hide
and forget our affliction and oppression?
—Psalm 44:23-24

Tonight finds millions of parents and people like me in a precarious state—huddled around kitchen tables, searching for comfort in mugs of hot tea, or tucked into warm beds yet powerless to shake free the feelings of cold unease.

Angry. We are positively incensed.

Another senseless tragedy. Vulnerable lives snuffed out. Exactly which tragedy I'm referring to isn't important. By the time you read these words there could well be another making headlines, but you know the type of raw emotion I mean.

We're angry at the perpetrator of this heinous crime. We're angry at those who didn't stop it. We're angry at "the other side" using tragedy for political gain. We're angry because we feel powerless. **Our children, with tear-filled eyes and voices choked with emotion, ask, "Why didn't God stop this?" We have no answers.**

We're angry because we know He could stop it.

I have come to believe that, at one level, all bitterness is ultimately directed toward God. It may be cloaked in anger toward a particular person or group of people who have wronged us, but it actually extends far beyond them, far above them.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

Our hearts cry with the psalmist, “Wake up, LORD! Why are you sleeping? Get up! Don’t reject us forever!” (Psalm 44:23). In our mind’s eye we’re on the boat with the disciples while Jesus sleeps through the storm: “Teacher!” we accuse Him, “Don’t you care that we’re going to die?” (Mark 4:38).

Don’t You care?

And that’s the crux of it all. To quote Nancy again, “the prospect of a powerful God who doesn’t seem to care enough about us to step into our situation is troubling to us.” What answer will calm our angry hearts? I know but one: **God is God and we are not.**

In times of deep sorrow, whether because of sins directly committed against us or sins perpetrated against the vulnerable among us, we must resist the urge to be angry at God. There is a place for righteous anger ([Psalm 4:4](#)), but anger against a holy God who is Himself love and justice is never righteous. It’s just wrong.

Instead, we must entrust ourselves and those precious to us to His loving care, remembering that “Indeed, the Protector of Israel does not slumber or sleep” (Psalm 121:4). It’s in the remembering that we, too, find rest.

Making it Personal

When does “being honest with God” about our pain cross the line and become a sinful response? Take some time to pray and repent of any sinful responses the Spirit brings to mind.

Digging Deeper

For further contemplation, read the blog post, “[When You’re Angry at God’s Plan](#)” by Kristin Wetherell. She’ll give you ten questions to consider when you’re angry at God.



the **Choosing Forgiveness** CHALLENGE

Days 20 & 21: Grace Note

It may have been a surprise to you to find out that you don't need to forgive yourself—you need to receive God's forgiveness. But walking in assurance of that forgiveness is the best way to combat the common temptations of condemnation and regret. Even better: this is not something you have to do in your own strength. You don't have to gut it out or psych yourself up with motivational speeches. You just need to humble yourself to agree with God's view of your sin and your need to receive His lavish mercy.²

As you rest and reorient, may you meditate on the power of forgiveness.

²Nancy DeMoss Wolgemuth, *Choosing Forgiveness* (Chicago: Moody Publishers, 2022), 222.



the Choosing Forgiveness CHALLENGE

Day 22: God Doesn't Need Your Forgiveness

by Laura Elliott

Your Challenge: Don't blame the potter; submit to His hand.

The LORD is righteous in all his ways
and faithful in all his acts.
—Psalm 145:17

When I think of the trauma that some women have suffered, from abuse to the loss of a child to the loss of a spouse and more, I have to admit my story sounds pretty mild. Yet some counselors would tell me I need to work on forgiving God. After all . . .

- My biological father died of a brain tumor when I was just five years old.
- I was bullied as a child, was injured in a horrible car accident when I was ten, and dealt with crippling anxiety into my thirties.
- My husband's mom passed away from cancer at the age of forty-six, just after the birth of our first child.
- Our third son has autism and a seizure disorder; his future ability to care for himself and live independently is unknown, if not unlikely.

So I'd like to ask those counselors, *How would one go about forgiving the God of all creation for perceived slights?* I have this vision of stepping outside, all alone, with the one hundred-thousand-million star sky reflecting off of the mirrored glass lake at my family's cabin. Maybe I'd walk to the end of the dock, take a deep breath, and shout with all my might, "God! I forgive you!" My voice might echo off the hills across the lake and come back to me one hundred times fainter than before while the same one hundred-thousand-million stars blink down at my small self standing alone at the end of the dock. **My power to "forgive" an eternal, holy, almighty God is about as big as I am in comparison. And of course, He doesn't need my forgiveness anyway.**

Us? Forgive God? Think about it. Even if said by a heart not meaning to offend or overstep, the very idea borders on outright blasphemy. To think we have that kind of power over the righteous, sovereign God is to demean His name and inflate our importance.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

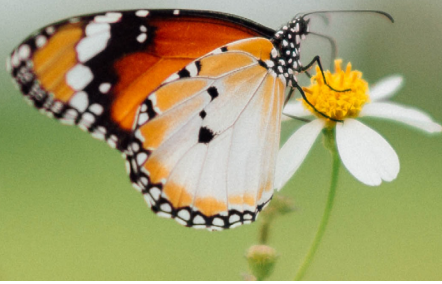
For God makes no mistakes. He commits no offenses. He does no injustice and neglects not a single duty. Instead, His ways are perfect. His actions are just. He suffered for us on the cross and suffers by our side still. He is the potter; we are the clay. Our job is to simply submit to his wise and loving hand. “Woe to the one who argues with his Maker” (Isa. 45:9).

Making it Personal

Have you bought into the lie that God needs your forgiveness? What steps could you take to develop a more accurate view of Him and deepen your trust in Him?

Digging Deeper

Trusting that God is faithful and righteous is key to resisting anger when difficult situations arise. In [“Grace to Walk in Obedience,”](#) hear how Abigail Dodds lived this out.



the **Choosing Forgiveness** CHALLENGE

Day 23: Heroic Habits

by Katie Laitkep

Your Challenge: Move quickly to extend grace in minor matters.

Therefore I, the prisoner in the Lord, urge you to walk worthy of the calling you have received, with all humility and gentleness, with patience, bearing with one another in love, making every effort to keep the unity of the Spirit through the bond of peace. —*Ephesians 4:1-3*

Heroes aren't built overnight. History often recognizes individuals for their biggest moments without always recording the small habits that made those actions happen.

Take a woman like Corrie ten Boom, a heroine of the faith and Holocaust survivor, who endured the horrors of Ravensbrück concentration camp. She is remembered for the radical moment she extended her hand to one of her former prison guards who came up to her after a speaking engagement and asked for her forgiveness.

Before she became history's "Corrie ten Boom," she was Corrie, a follower of Christ who had to learn how to forgive in matters too small to ever be mentioned in a biography:

- When a sibling's joke hurt her feelings
- When a neighbor made a rude remark
- When a stranger bumped into her on the sidewalk

Big acts of forgiveness don't often happen without practice. The habit is formed by overlooking everyday offenses. By not taking offense by ordinary provocations.

Exercising forbearance in minor, daily matters is important practice and preparation for extending forgiveness in the bigger issues that are sure to arise.

—Nancy DeMoss Wolgemuth, *Choosing Gratitude*

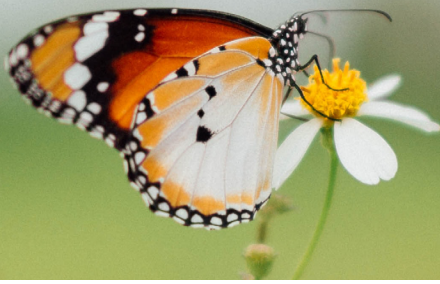
Today, a friend may forget to text you back. A boss might not recognize your work. Will you hold it against them? Or will you let it go, “bearing with one another in love”? **You have an opportunity today to reach out your hand and extend grace**—when you do, you’ll be on your way to building the faith muscles that make a hero.

Making it Personal

- What situations are you facing where you need to exercise forbearance?
- Ask God to help you be quick to overlook and let go of minor offenses today.

Digging Deeper

Forbearance is an old-fashioned word, but it’s one that’s needed today. [In this blog post](#), Mary Kassian doesn’t just define it, she offers sage wisdom you can apply to your marriage. (Spoiler alert: to make it work, you have to put up with a few things!)



the **Choosing Forgiveness** CHALLENGE

Day 24: Pass the Life Preserver

by Katie Laitkep

Your Challenge: Share how God has transformed your life.

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God. —2 Corinthians 1:3–4

It's Sunday morning. The woman across the pew is new to your church, but you recognize her tears. Others around her are sympathetic, even gracious to her as she grieves, but they don't understand. They haven't personally experienced how bad it hurts . . .

- When your husband leaves you for another woman
- When your kids are bullied because of their skin color
- When your coworker harasses you when no one else is around

But you know what it feels like. You know what it's like to be the woman drowning under waves of anger and hurt. You also know what it's like to be rescued by the mercy of God, to have Him set your feet on solid rock (Psalm 40:2).

If a woman in your life is facing a situation similar to your own, she may listen to you before anyone else because you've been where she is. You approach her with a heart that's tender toward her pain. But you have more than understanding to offer her: you have a God who is able to heal what seems hopeless and to transform her life.

The mercy and grace of God and the lessons learned along the way are intended to extend beyond us and be a means of blessing to others.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

When you were sinking, God's grace was sufficient for you. When He taught you about forgiveness, it breathed new life into your lungs. What He has done for you, He is able to do for others—and you can be the one who passes them a life preserver.

Making it Personal

- What are some of the ways God has transformed your life?
- As you thank God for how He has healed past hurts in your life, ask Him to bring to mind a woman who is facing a similar situation to your own.

Digging Deeper

Nancy DeMoss Wolgemuth says that what God has invested *in* us is not just *for* us—He uses it to minister to others. In [*You Can Trust God to Write Your Story*](#) by Nancy and Robert Wolgemuth, you'll find testimonies of God's faithfulness that will encourage you to share what He has done in your life with others.



the **Choosing Forgiveness** CHALLENGE

Day 25: Going Beyond the Bare Minimum

by Micayla Brickner

Your Challenge: Show kindness to someone who has wronged you.

If your enemy is hungry, feed him.

If he is thirsty, give him something to drink...

Do not be conquered by evil, but conquer evil with good. —Romans 12:20–21

Once you've forgiven someone—truly making that decision to forgive them for their wrongdoing and choosing to let go of any bitterness or resentment—where do you go from there? Isn't it enough to forgive and move on, to put them in the past?

Depending on your situation, that may be the necessary path to take. In many cases, however, God asks something else of us: to go above and beyond with forgiveness.

Blessing the people who offended you? That may be the last thing you would ever consider. But as Nancy DeMoss Wolgemuth says,

God's Word requires that we go "above and beyond" just releasing our offender—that we extend the grace of God and build bridges of love by returning blessing for cursing, good for evil.

—*Choosing Forgiveness*

That seems a little outrageous from a worldly perspective, but **when you stop to think about the richness of God's grace He has extended to you (Eph. 1:7–8), showing that kind of forgiveness isn't so unthinkable.**

A beautiful picture of forgiveness is illustrated in the life of Joseph. As you follow his story beginning in Genesis 37 and ending in chapter 50, you'll see how he went above and beyond in his forgiveness to all those who had wronged him.

With God working in and through you, you can show this kind of love and grace to your enemies. What does that look like on a practical level?

Speak encouragement to them.

Write them a kind note.

Surprise them in a good way they wouldn't expect.

The possibilities are endless. Ask the Lord what steps He would have you take to bless those who have wronged you. In doing so, perhaps you'll notice your heart begin to shift as you experience the joy of overcoming evil with good.

Making It Personal

- What is a practical step you can take to bless someone who has mistreated you?
- As believers, how are we to overcome evil with good?

Digging Deeper

For some ideas of practical ways to show kindness, check out the booklet [A Deeper Kind of Kindness](#), adapted from Nancy DeMoss Wolgemuth's book *Adorned: Living Out the Beauty of the Gospel Together*.



the **Choosing Forgiveness** CHALLENGE

Day 26: A Miracle of Grace

by Micayla Brickner

Your Challenge: Consider how you can extend God's grace to someone today.

For all have sinned and fall short of the glory of God; they are justified freely by his grace through the redemption that is in Christ Jesus. —Romans 3:23–24

Have you prayed for the person or the people who have wronged you? **Not only is prayer something God requires (Luke 6:28), but it's part of blessing your offenders and one of the most powerful parts of the forgiveness process.** As you're seeking the Lord on behalf of others and asking Him to work in their lives, it changes your own heart in the process.

Picture that person who has offended or wronged you. Can you see them the way God sees them? The way God sees you—a sinner in need of a Savior and the extravagant grace He gives? When you come to the Lord in prayer, when you align your heart with His, the more you desire for them to experience the same grace Christ has shown to you. It propels you to act in love and bless them because you've been set free from any hold of bitterness or resentment from the enemy.

In God's great economy, we become instruments of His redemptive work—conduits of His mercy and grace—in the lives of those who are on the receiving end of that blessing. They are brought face-to-face with the reality of Calvary love—when they know they deserve just the opposite.

—Nancy DeMoss Wolgemuth, *Choosing Forgiveness*

Maybe you'll witness a miracle of reconciliation and redemption in the lives of your offenders. Or maybe you won't see any indication of heart change on this side of eternity. Regardless, **you can be sure that your obedience to God won't return void.** Your forgiveness is a reflection of the forgiveness of Christ, whether or not those who sinned against you ever see that. And you will live in freedom as

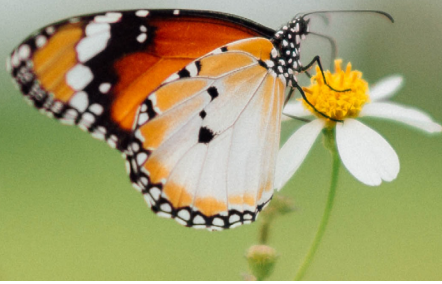
you experience the transformative work of Jesus in your own heart—a miracle of grace.

Making It Personal

- Read Romans 12. What is the big idea of this chapter?
- Think of an enemy you need to pray for. How can you extend the grace of God to that person?

Digging Deeper

Joy McClain knows the pain of suffering at the hands of an alcoholic husband. When he came to Christ, she rejoiced at the answer to her prayer, yet she still had to deal with the years of wounds. Read about how she learned to extend grace in her blog post, “[From Resentment to Reconciliation: Finding Healing Grace in Marriage.](#)”



the **Choosing Forgiveness** CHALLENGE

Days 27 & 28: Grace Note

The fruit of doing the hard “heart work” of forgiveness truly is the sweet restoration of everything you’ve prayed for. It might feel like God is getting you to buckle under His will, but truly there is a sweet reward in trusting God for the final resolution of your circumstances!³

As you rest and reorient, may you meditate on the power of forgiveness.

³ Nancy DeMoss Wolgemuth, *Choosing Forgiveness* (Chicago: Moody Publishers, 2022), 222.



the **Choosing Forgiveness** CHALLENGE

Day 29: Now What?

by Erin Davis

Your Challenge: Practice for eternity by living free from bitterness.

But as it is written,
**What no eye has seen, no ear has heard,
and no human heart has conceived—
God has prepared these things for
those who love him. —1 Corinthians 2:9**

If I close my eyes really tightly and use every brain cell to try to conjure up an image of heaven that resembles what God has in store, I can't. All I know is life as a broken person in a broken world with broken relationships. Those fractures are as familiar as my front door. **In this never-never land between Eden and eternity there will always be a need to extend and seek forgiveness.**

That's the cloud, but there is a silver lining.

This is not our forever home. A day is coming (it won't be long now) when we will inhabit a new earth that Jesus has prepared for us, His treasured people (John 14:3). There's even a cherry on top of that hope-filled sundae: **there will be nothing to forgive in our eternal home.** Revelation 22:3 promises, "there will no longer be any curse." We will finally shed our sin natures and live in unity with Christ and His Church. Alleluia!

We're so accustomed to the rhythms of seeking and extending forgiveness that this coming reality is hard to fathom. Maybe that's one reason Scripture tells us, "What no eye has seen, no ear has heard, and no human heart has conceived—God has prepared these things for those who love him" (1 Cor. 2:9).

But what if it's also why Jesus taught us to ask the Lord for His will to be done "on earth as it is in heaven" (Matt. 6:10)? **What would it look like to approach our families, our relationships, our**

churches, our society with the mindset that we want things here below to look like the way they are above?

Consider this:

To those who don't know better, forgiveness may seem like weakness—giving up, letting evil triumph, letting the “bad guys” win. In fact, at first blush, Calvary itself may seem to be just such a defeat—the prince of darkness trumps the Prince of Peace and renders Him helpless.

But seen from the vast reaches of eternity, the cross actually spelled Satan's ultimate defeat and proved to be God's greatest victory! “Sown in dishonor,” Christ was “raised in glory”—“sown in weakness . . . raised in power” (1 Corinthians 15:43).

The Lamb of God lays down His life on the altar of sacrifice. As the last drops of His lifeblood are spilled out, He appeals to His Father to forgive those whose sin He bears. He draws—and expels—His final breath.

And all heaven breaks out into a mighty anthem: *Forgiven! Pardoned! Paid in full! Mercy granted! Justice vindicated! Redemption accomplished!*

Three days later, the Lamb slain for sinners from the foundation of the world is raised from the dead—the Lion of the Tribe of Judah.

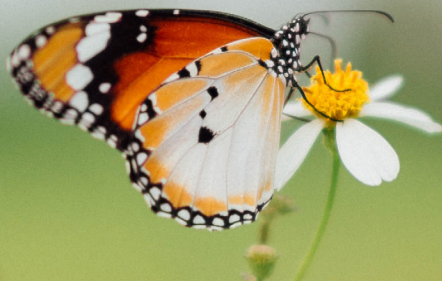
And He shall reign forever and ever.

And we shall be before His throne—sinners made saints, enemies reconciled to God, clothed in the fine linen of His righteousness—to worship and serve Him day and night forever.

Such is the amazing, eternal power of forgiveness.

—Nancy DeMoss Wolgmuth, *Choosing Forgiveness*

Every opportunity to extend grace, to banish bitterness, and to say “I'm sorry” is practice for heaven, a place where all of our heartaches and relationship pangs will become “former things” (Rev. 21). Until that day, let us follow the Lamb's example and forgive.



the **Choosing Forgiveness** CHALLENGE

Day 30: Next Steps

To help you stay mindful of all that Jesus has taught you the past 30 days and in celebration of completing the challenge, here is a printable for you to display and enjoy.

Be kind and compassionate to one another, forgiving one another,
just as God also forgave you in Christ. —*Ephesians 4:32*

Forgiveness is a mighty tool in the hand of an all-powerful God to bring healing all
around. To every conceivable type of situation and relationship—past or present.
—*Nancy DeMoss Wolgemuth, Choosing Forgiveness*

What's Next?

Here are some steps you can take to continue growing in your walk with the Lord:

- **Listen to the *Revive Our Hearts* podcast.** Hear Nancy DeMoss Wolgemuth teach from God's Word daily. Discover multiple ways to listen [here](#).
- **Take another 30-day challenge.** Whether it's to encourage your husband more, to grow in wisdom, or to become more consistent in your Bible reading habits, we've got a challenge to help. Sign up for your next challenge [here](#).
- **Start a new Bible study.** From examining the women of the Bible to experiencing personal revival, we've got a study to help you dig into God's Word. Find them [here](#).
- **Download the *Revive Our Hearts* app.** Stay connected and be among the first to know when we've got something new. Download and get started [here](#).