



# **Forgiveness Changes Everything**

Ephesians 4:32, Hebrews 12:15

# Heart Crew Guide

Forgiveness Changes Everything // May 9<sup>th</sup> – 10<sup>th</sup>

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## MY STORY

1. This past weekend was Mother's Day, and for many people relationships with parents or parent-figures can leave lasting impact, both positive and painful. What is one relationship in your life that has deeply shaped the way you view love, trust, or connection with others?
  
  
  
  
  
  
  
  
  
  
2. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?

## 1. DIGGING DEEPER

Over the last few weeks, we've been reminded that hurt and bitterness cannot be ignored or left undealt with. Let's read the scriptures below and answer How do these scriptures reshape the way you view healing, forgiveness, and dealing with bitterness and What stands out to you about God's role in our healing and restoration?

Psalm 34:18

Ezekiel 36:26

Luke 4:18-20

John 14:16-18

2. In Matthew 6:9–15, the Lord’s Prayer, Jesus teaches us to remain aware of both our need for forgiveness and our call to forgive others. Scripture also reminds us that God moved toward us long before we deserved it. Let’s read Romans 5:6–10 and 1 John 4:19. How does understanding the way God loved, pursued, and forgave you while you were still considered ungodly and an enemy of His deepen your understanding of forgiveness toward others?

a Which of these statements best describes where you are right now, and why?

*I recognize how deeply God has forgiven me, and I am learning to extend that forgiveness toward others.*

*I struggle to fully believe that God has truly forgiven me.*

*I know God has forgiven me, but I still struggle with hurt, bitterness, or fear when it comes to forgiving others.*

3. Scripture teaches us that “God is love” (1 John 4:8) and that “love never fails” (1 Corinthians 13:8). Knowing that the embodiment of perfect love is at work in you and with you, how does that reshape the way you view healing, forgiveness, and freedom from bitterness?

a. What is one area where you sense God inviting you to trust His love more deeply as you continue this journey?

### **TAKING IT HOME:**

Read Ephesians 6:10–18 this week and reflect on how God equips us for healing, forgiveness, and freedom from bitterness.

#### **Helmet of Salvation** — Ephesians 6:17

Salvation reminds us that we have been forgiven, reconciled, and pursued by God. Keeping that truth before us reshapes how we view ourselves and others.

#### **Breastplate of Righteousness** — Ephesians 6:14

The breastplate protects the heart. God's righteousness guards us from allowing hurt and bitterness to harden us as we pursue healing and forgiveness His way.

#### **Belt of Truth** — Ephesians 6:14

God's truth helps us honestly face our hurt while reminding us what He says about us, others, and our situation.

#### **Shield of Faith** — Ephesians 6:16

Faith trusts that God is actively working in us and through us, even when healing and forgiveness feel difficult.

#### **Feet Fitted With the Gospel of Peace** — Ephesians 6:15

Because of who God is and what He has done, we can walk in peace even while working through hurt, bitterness, and forgiveness. God does not ask us to pursue healing and forgiveness alone. He equips us with His truth, peace, love, and power every step of the way.

#### **Guided Prayer**

Lord, thank You for loving me, pursuing me, and forgiving me even when I was far from You. Help me trust You with the areas of hurt, bitterness, and unforgiveness in my life as You continue healing and transforming me. Amen.