

# 7-DAY FORGIVENESS CHALLENGE



*Let Go, Heal, and Love More Deeply*

## Day 1

Bible Verse: Matthew 6:14

Reflection: Who do I need to forgive today, and why is it hard for me to release this?

Journal Here:

[illegible]

## Day 2

Bible Verse: Ephesians 4:32

Reflection: What does kindness and compassion look like in this situation?

Journal Here:

[illegible]

## Day 3

Bible Verse: Colossians 3:13

Reflection: Have I received forgiveness that I'm struggling to extend to others?

Journal Here:

[illegible]

## Day 4

Bible Verse: Luke 6:37

Reflection: What does it mean to not judge or condemn while still setting healthy boundaries?

Journal Here:

[illegible]



## Day 6

Bible Verse: Proverbs 19:11

Reflection: Where can I choose patience over reaction today?

Journal Here:

[illegible]

## Day 7

Bible Verse: Mark 11:25

Reflection: How does forgiving open my heart to healing and peace?

Journal Here:

[illegible]



### **You've Completed the Challenge!**

Congratulations on completing the 7-Day Forgiveness Challenge! By showing up each day with an open heart, you've taken meaningful steps toward healing and wholeness.

Forgiveness is not always easy, but it is always worth it. May you continue to walk in peace, grace, and love.

With blessings,  
Blissfully Wedded