Day 5

Break Free from Bitterness

Ephesians 4:31 NLT

Bitterness feels justified in the moment. It whispers that you're right and they're wrong. But what bitterness doesn't do is mend relationships or bring peace. It keeps you trapped and hurts you more than anyone else. Maybe you've been avoiding someone or holding onto anger. Here's a different question: What am I going to get free from today? Bitterness and anger want to rob you of the best moments life has to offer this week. They want to keep you hurt, defensive, and stuck. But you have a choice. Don't let those feelings win. Make the decision today that nothing will hold you back. Let's break free together.

Reflect:
Ask yourself what you need to be set free from today, and make the choice to let go of bitterness.

Pray:

Lord, free me from the bitterness and anger that trap me, and help me choose forgiveness and peace. Amen.

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Daily Devotionals

Loving Your Enemies

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Bottom Line

Forgiveness sets the person free—and that person is you.

Day 1

Love Your Enemies

Matthew 5:44 NLT

This week, we hit probably the hardest teaching in the Sermon on the Mount—loving our enemies. It's one thing to hear about it, but it's time to put it into practice. The Bible says we should be doers of the Word, not just hearers. That means when Jesus tells us to pray for our enemies, we actually have to do it. Right now, stop and ask God to help you forgive someone who has wronged you. Yes, it's painful and hard, but when you forgive, something powerful happens—you get set free. Forgiveness isn't just for them; it's for you too.

Reflect:
Stop right now and pray for someone who has hurt you, asking God to help you truly forgive them.

Pray:
Jesus, help me recognize my influence and courageously share Your work in my life with others. Amen.

Day 2

Don't Let Bitterness Take Root

Hebrews 12:15 NLT

Bitterness rarely announces itself. It starts small—an offense here, a wound there—and quietly takes root. Before long it's not just affecting you. It's affecting how you treat others, how you see the world, and how you experience God.

The writer of Hebrews says to see to it—be watchful, be intentional. Bitterness doesn't stay contained. It spreads. And it always costs more than the original hurt ever did.

The grace God has shown you is greater than anything someone has done to you. Don't let an unhealed wound steal that.

Reflect:
Is there an offense you've been holding onto that's quietly shaping you?

What would it look like to bring that wound to God instead of carrying it alone?

Pray:
God, show me any bitterness I've allowed to take root. I don't want an old hurt to keep costing me. Help me receive Your grace deeply enough to extend it to the person who hurt me. Amen.

Day 3

You Were Forgiven First

Romans 5:8 NIV

Before you cleaned anything up. Before you had it together. Before you even knew you needed it—Jesus died for you.

That's the foundation of forgiveness. Not that the person who hurt you deserves grace, but that you received it first when you didn't deserve it either. We have all been someone's difficult person. We have all said things, done things, and hurt people—and Jesus forgave us anyway.

When we really let that sink in, extending grace to someone else stops feeling impossible. It starts feeling like the only response that makes sense.

Reflect:
How often do you think about how much you've personally been forgiven?

Does remembering that change how you feel about extending grace to someone who hurt you?

Pray:
Jesus, thank You for forgiving me before I deserved it. Let the weight of that reality be what motivates me to forgive others—not because they've earned it, but because You already paid for it. Amen.

Day 4

Let God Handle It

Romans 12:17a, 19 NLT

One of the hardest parts of forgiveness is letting go of the outcome. We want to see justice. We want the person who hurt us to feel what we felt.

But Paul says: leave that to God. You don't have to be the judge. That's not your role—and carrying it is exhausting. God sees everything that happened to you. He doesn't need your help settling the score. He needs your willingness to let it go so He can set you free.

Releasing it to God isn't letting them off the hook. It's getting yourself off the hook.

Reflect:
Is there a situation where you've been holding on because it doesn't feel "resolved" yet?

What would it look like to genuinely hand that over to God today?

Pray:
Lord, I release this. I release the need for revenge, the need to see justice served on my timeline. I trust You with what happened to me. Set me free from carrying what only You were meant to carry. Amen.