WOMEN'S BIBLE STUDY WORKSHEET

Forgiveness & Healing

Releasing the hurt. Receiving God's healing. Walking forward in freedom.

Prepared by Vanessa

"She is clothed with strength and dignity; she can laugh at the days to come."
Proverbs 31:25

OPENING PRAYER

Heavenly Father,

You see every wound I carry, even the ones I hide. I confess the bitterness, anger, fear, or grief I have held because I did not know how to release it.

Help me understand forgiveness through the heart of Jesus. Give me grace to surrender what I cannot change, wisdom to establish healthy boundaries, and courage to walk toward healing. Restore the places in me that have been broken, and keep my heart tender without asking me to ignore truth or harm.

Teach me to receive Your mercy and extend it as You lead me. In Jesus' name, I pray,
Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

Forgiveness is often a process, and healing may unfold one faithful step at a time. This study gives women a safe, Scripture-centered space to name pain honestly, release revenge to God, practice wise boundaries, and receive His comfort.

[ ] Grace, not pressure [ ] Honesty, not shame [ ] Wisdom and boundaries [ ] Prayer and support

PART ONE

God Sees and Heals the Brokenhearted

Healing begins with honesty before God. We do not have to minimize pain, rush grief, or pretend we are fine in order to be faithful.

> "He heals the brokenhearted and binds up their wounds."
>
> **PSALM 147:3**

KEY TRUTH

God is not frightened by our pain. He draws near, tends wounds with compassion, and invites us to bring Him the whole truth. Naming what happened is not the same as living in bitterness; it can be the first honest step toward freedom.

REFLECT AND DISCUSS

1. What does Psalm 147:3 reveal about God's response to a wounded heart?

2. Why can it be difficult to admit that we are still hurting?

3. What is the difference between processing pain and repeatedly feeding resentment?

GENTLE PERSONAL REFLECTION

What hurt am I ready to place honestly before God today? Share only what feels safe.

A prayer I can whisper: God, meet me in this wound and show me what healing can look like.

PART TWO

Forgiveness Releases the Debt to God

Biblical forgiveness is not pretending an offense did not matter. It is surrendering the right to revenge and trusting God with justice, truth, and the work of our hearts.

> "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."
>
> **COLOSSIANS 3:13**

WHAT FORGIVENESS IS

[ ] Releasing revenge
[ ] A process of surrender
[ ] Rooted in God's mercy

WHAT FORGIVENESS IS NOT

[ ] Calling wrong right
[ ] Instant trust
[ ] Removing wise boundaries
[ ] Avoiding consequences
[ ] Returning to danger
[ ] Forcing reconciliation

IMPORTANT DISTINCTION

Forgiveness can be chosen by one person before God. Reconciliation requires truth, repentance, safety, and willing participation from both people. Trust may be rebuilt slowly through consistent actions, and sometimes a safe relationship cannot be restored.

1. Which false idea about forgiveness has made healing harder for you?

2. What might it mean to surrender revenge while still honoring truth and consequences?

3. Is forgiveness a one-time decision, a repeated process, or both? Explain.

4. What would you like God to help you release?

PART THREE

Put Away Bitterness, Put On Compassion

Forgiveness is not only about what we release. Through the Holy Spirit, God also forms a new way of responding within us.

> "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
>
> **EPHESIANS 4:31-32**

HEART INVENTORY

Prayerfully notice what may be present. This is an invitation to healing, not condemnation.

What I notice	Often	Sometimes	Rarely	What I need from God
Bitterness	[ ]	[ ]	[ ]	
Anger	[ ]	[ ]	[ ]	
Repeating the offense	[ ]	[ ]	[ ]	
Desire for revenge	[ ]	[ ]	[ ]	
Fear of being hurt again	[ ]	[ ]	[ ]	
Compassion without self-abandonment	[ ]	[ ]	[ ]	

1. What emotion has been the heaviest to carry?

2. How can compassion and boundaries exist together?

3. What Christlike response do you want God to grow in you?

PART FOUR

Forgiveness with Wisdom and Boundaries

A tender heart does not require an unguarded life. Jesus combined grace with truth, and Scripture repeatedly calls us to wisdom.

> "Above all else, guard your heart, for everything you do flows from it."
>
> **PROVERBS 4:23**

A HEALTHY BOUNDARY MAY SOUND LIKE

"I forgive you, but I need time and consistent change before trust can grow."

"I will not participate in conversations where I am insulted, threatened, or manipulated."

"I can pray for you and still choose distance that protects peace and safety."

DISCUSS WITH WISDOM

1. Why are boundaries sometimes necessary even after forgiveness?

2. What is the difference between a boundary and a punishment?

3. What evidence would be needed before damaged trust could be rebuilt?

4. Who is a wise, safe person you can ask for support?

SAFETY MATTERS

Forgiveness never requires staying in abuse, returning to danger, keeping harmful secrets, or avoiding professional and legal help. If you or someone else is unsafe, seek immediate support from trusted leaders, qualified professionals, or emergency services.

PART FIVE

God Can Redeem What Was Meant for Harm

Redemption does not make evil good. It reveals that evil does not have the final word over a life surrendered to God.

> "You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."
>
> **GENESIS 50:20**

JOSEPH'S WITNESS

Joseph named the harm truthfully: 'You intended to harm me.' He also recognized God's greater authority and redeeming purpose. Healing does not rewrite the past; it loosens the past's control over our future.

MY NEXT FAITHFUL STEP

The burden I am placing into God's hands:

The boundary or support I need:

A truth from Scripture I will repeat when the hurt returns:

One act of care I will offer myself this week:

One safe person I will contact for prayer or support:

MY SEVEN-DAY PRACTICE

[ ] Pray honestly
[ ] Read one healing Psalm
[ ] Refuse revenge
[ ] Honor a boundary
[ ] Receive grace
[ ] Ask for support
[ ] Choose one peaceful step

CLOSING TOGETHER

Your Story Is Still Being Written

We may be walking different paths and healing at different speeds, but no woman in this circle has to carry her burden alone.

CLOSING PRAYER

Lord Jesus, thank You for meeting us with mercy and truth. Heal the wounded places in our hearts. Free us from bitterness without asking us to deny what happened. Give us wisdom for boundaries, courage to seek help, and patience with the process. Teach us to forgive from the grace we have received while trusting You with justice and restoration. Let our lives become testimonies that pain does not have the final word. Amen.

A WORD FOR EVERY WOMAN HERE

We may be walking different paths and growing at different stages, but we are all still here - pushing through, learning, healing, and striving to do better. Do not give up just yet. God is not done writing your story.

CLOSING CIRCLE

One truth from this study that I want to remember:

One way this group can support or pray for me:

MY DECLARATION

By God's grace, I will not let yesterday's wound define tomorrow's story. I will walk in truth, wisdom, forgiveness, and healing - one faithful step at a time.

Signature _____ Date _____