



## THE FORGIVENESS RESET - 40 Days of Joyful Release

### Anchor Scripture:

#### Matthew 6:14–15

*“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”*

### ***The Year of Joyful Release – The Restart***

God is inviting us into a restart—a Spirit-led reset where forgiveness opens the door to spiritual freedom and fresh joy. Throughout these 40 days, we will return often to:

- Philippians – Joy in Christ, even in hardship (Philippians 1:6; 3:13–14; 4:4–7)
- Colossians – Our new identity and call to forgive as the Lord forgave us (Colossians 2:13–14; 3:12–15).
- Romans 8:35 – The unbreakable love of Christ that secures us as we forgive.

### **STRUCTURE OF THE 40 DAYS**

#### **1. Days 1–10: PRAYER – Connecting with God**

**Theme Scripture:** 1 Thessalonians 5:17 – “Pray without ceasing.”

**Focus:** Connecting with God in honest prayer about unforgiveness and hurt.

#### **2. Days 11–20: PRAISE – Our Focus on God**

**Theme Scripture:** Psalm 34 – “I will bless the Lord at all times...”

**Focus:** Moving from self-focus to God-focus; cultivating humility through praise.

#### **3. Days 21–30: CLARITY – Making space for God**

**Theme Scripture:** Ezra 8:23 – “So we fasted and petitioned our God about this, and he answered our prayer.”

**Focus:** Making space to hear from God, receiving clarity about where we need to forgive or seek forgiveness.

#### **4. Days 31–40: LETTING GO – Accepting the grace of God**

**Theme Scripture:** Isaiah 43:18 – “Forget the former things; do not dwell on the past.”

**Focus:** By the Holy Spirit, accepting God’s grace and extending grace to others; entering joyful release.

## DAYS 1–10: PRAYER – CONNECTING WITH GOD

*Theme Scripture for Section:* 1 Thessalonians 5:17 – “Pray without ceasing.”

- **Day 1 – The Beginning of a Restart**

**Scriptures:** Matthew 6:14–15; Philippians 1:6

**Devotional Thought:**

Today marks the beginning of a restart—not in your own strength, but in God’s. Forgiveness is not denial of pain; it is a decision to hand pain over to God. The One who began a good work in you (Philippians 1:6) will carry this process of joyful release to completion. Begin with honesty: tell God where it hurts and where you struggle to forgive.

**Reflection:**

1. Who comes to mind when you hear the word “forgive”?
2. What fears arise when you think of letting go?
3. Where do you need God’s help most in this process?

**Prayer:**

“Lord, I begin this journey with You. I confess my struggle to forgive. Start a new work in me. Give me courage to face my pain and grace to walk toward joyful release. In Jesus’ name, amen.”

- **Day 2 – Prayer as Surrender**

**Scriptures:** 1 Thessalonians 5:17; Romans 8:26–27

**Devotional Thought:**

Unforgiveness often lives where we have not prayed honestly. Prayer is surrender: admitting we cannot fix our hearts alone. Even when you do not know what to pray, the Spirit helps you. Continuous prayer does not mean long eloquent speeches, but a constant returning of your heart to God during the day.

**Reflection:**

1. In what areas of your life have you stopped praying because of disappointment?
2. Can you name one hurt you will begin to bring to God daily?

**Prayer:**

“Holy Spirit, help me. Teach me to pray about the people and situations I avoid. I surrender my defenses and invite You into my wounds. In Jesus’ name, amen.”

- **Day 3 – Seeing God as Father**

**Scriptures:** Matthew 6:9–15; Romans 8:15

**Devotional Thought:**

Jesus connects “*Our Father*” with “*forgive us... as we forgive.*” Forgiveness flows from knowing God as a loving Father, not a distant judge. When you feel safe in the Father’s love, you do not need to hold onto grudges as self-protection. You are already protected in His arms.

**Reflection:**

1. How has your view of “father” shaped your view of God?
2. Where do you need a fresh revelation of God as a gentle, loving Father?

**Prayer:**

“Father, reveal Your heart to me. Heal the places where my past has distorted my view of You. From the safety of Your love, teach me to forgive. In Jesus’ name, amen.”

- **Day 4 – Confessing Our Unforgiveness**

**Scriptures:** 1 John 1:9; Colossians 3:13

**Devotional Thought:**

Unforgiveness is not just a feeling; it can become a sin we nurse and protect. Confession is not condemnation—it is agreement with God so that He can cleanse us. As the Lord forgave you, you are called to forgive. Today, dare to name your unforgiveness before God.

**Reflection:**

1. Can you admit to God, “I don’t want to forgive” in a specific area?
2. What might happen if you stopped excusing your bitterness?

**Prayer:**

“Lord, I confess my unforgiveness. I have held on to it and justified it. Wash me, cleanse me, and realign my heart with Yours. In Jesus’ name, amen.”

- **Day 5 – Remembering How Much We Are Forgiven**

**Scriptures:** Colossians 2:13–14; Luke 7:47

**Devotional Thought:**

Forgiveness flows from remembering the cross. God forgave you all your sins, nailing the record to the cross. The more you meditate on His mercy toward you, the softer your heart becomes toward others. This is not to minimize your pain, but to magnify His grace.

**Reflection:**

1. What specific sins has God forgiven you that you are most aware of?
2. How does remembering that soften your heart toward those who have hurt you?

**Prayer:**

“Jesus, thank You for canceling my debt at the cross. Remind me daily how much I’ve been forgiven so that I can forgive. In Your name, amen.”

- **Day 6 – Praying for Those Who Hurt Us**

**Scriptures:** Matthew 5:44; Luke 23:34

**Devotional Thought:**

Jesus prayed, “Father, forgive them” while being crucified. Praying for those who hurt you is not agreeing with their actions; it is entrusting them to God’s justice and mercy. Over time, these prayers soften the soil of your heart.

**Reflection:**

1. Who is one person you can begin to pray for today—even if only with a few words?
2. What simple blessing can you ask God to give them?

**Prayer:**

“Lord Jesus, I obey Your command to pray for those who have hurt me. I place [name] into Your hands. Bless them with repentance, healing, and salvation. Begin to free my heart as I pray. Amen.”

- **Day 7 – Praying Through Our Anger**

**Scriptures:** Ephesians 4:26–27; Psalm 62:8

**Devotional Thought:**

Anger itself is not sin, but it can open doors to bitterness when we hold onto it. God invites you to pour out your heart before Him, not suppress it. Healthy forgiveness does not deny anger; it processes it with God until it loses its grip.

**Reflection:**

1. What are you most angry about regarding your wound?
2. Have you ever screamed, cried, or poured that anger out safely before God?

**Prayer:**

“God, I bring my anger to You, not to others. You see every injustice. I choose not to sin in my anger. Take this fire and purify my heart. In Jesus’ name, amen.”

- **Day 8 – Prayer for Healing of Memories**

**Scriptures:** Psalm 147:3; Philippians 3:13–14

**Devotional Thought:**

God heals the brokenhearted and binds up their wounds—including painful memories. Forgiveness does not always erase memory, but God can remove the sting and bondage of those memories. As you press forward in Christ, ask Him to touch the replayed scenes in your mind.

**Reflection:**

1. Which memories replay most often and hurt you the most?
2. What would it look like for Jesus to “enter” that memory with you?

**Prayer:**

“Lord, come into my memories. Touch the scenes that still hurt. Heal the emotional wounds and help me press forward in You. In Jesus’ name, amen.”

- **Day 9 – Praying the Word Over Our Hearts**

**Scriptures:** Psalm 119:11; Romans 12:2

**Devotional Thought:**

The Word of God renews your mind and reshapes your reactions. Praying Scripture is powerful in seasons of forgiveness. As the Word dwells richly in you (Colossians 3:16), your heart will slowly align with God’s heart.

**Reflection:**

1. Choose one forgiveness-related verse (e.g., Matthew 6:14–15; Colossians 3:13). How can you pray it over yourself today?
2. What negative thought pattern needs to be replaced with God’s Word?

**Prayer:**

“Lord, plant Your Word deep in me. Use it to renew my mind and rewire my responses. Let my thoughts align with Your truth. In Jesus’ name, amen.”

- **Day 10 – Prayer and Joyful Release**

**Scriptures:** Philippians 4:4–7

**Devotional Thought:**

As you bring your pain, requests, and wounds to God, He promises peace that guards your heart and mind. Joyful release begins when we hand over to God what we cannot fix. Prayer is the daily practice of this surrender, leading to inner freedom.

**Reflection:**

1. What specific burdens about unforgiveness will you present to God today?
2. How have you sensed even a small shift of peace in these first 10 days?

**Prayer:**

“God of peace, I present all my hurts, fears, and unforgiveness to You. Guard my heart and mind in Christ Jesus. Let Your joy begin to arise in me. Amen.”

## DAYS 11–20: PRAISE – SHIFTING THE FOCUS TO GOD

**Theme Scripture for Section:** Psalm 34 – “I will bless the Lord at all times; his praise shall continually be in my mouth.”

- **Day 11 – Choosing Praise in Pain**

**Scriptures:** Psalm 34:1–3; Habakkuk 3:17–18

**Devotional Thought:**

Praise is a choice, not a feeling. When you bless the Lord in your pain, you declare that He is greater than what was done to you. Praise begins to loosen the grip of self-focus and offense, creating space for humility and healing.

**Reflection:**

1. What is one thing you can sincerely praise God for today?
2. How might consistent praise shift your perspective on your hurt?

**Prayer:**

“Lord, I choose to bless You even in my pain. You are worthy. Lift my eyes above my wounds to see Your greatness. In Jesus’ name, amen.”

- **Day 12 – Magnifying the Lord, Not the Wound**

**Scriptures:** Psalm 34:3; Philippians 4:8

**Devotional Thought:**

To “magnify the Lord” is to make Him large in your focus. Unforgiveness magnifies the offense; praise magnifies God. This does not trivialize your pain—it restores proper perspective. You become what you behold.

**Reflection:**

1. What have you been magnifying more: God or your hurt?
2. Write down 3 attributes of God you want to “magnify” today.

**Prayer:**

“God, I have magnified my pain more than You. Forgive me. Today I exalt Your goodness, power, and faithfulness. Be bigger in my eyes than my wound. Amen.”

- **Day 13 – The Humility of Praise**

**Scriptures:** Psalm 34:2; James 4:6

**Devotional Thought:**

True praise humbles us. We stop centering our story around how we were wronged and begin centering it on who God is. God gives grace to the humble. As you praise, He softens your heart and gives you grace to forgive what you cannot in your own strength.

**Reflection:**

1. Where has pride (the need to be right, to be vindicated) kept you from forgiving?
2. How does praising God shift you from “Why me?” to “Use this, Lord”?

**Prayer:**

“Lord, I humble myself before You. I am not the center of the story—You are. As I praise You, pour out grace on my heart to forgive. In Jesus’ name, amen.”

- **Day 14 – Taste and See**

**Scriptures:** Psalm 34:8; Philippians 3:8

**Devotional Thought:**

God invites you to taste and see His goodness. Many hold on to unforgiveness because all they have tasted is bitterness. As you praise and draw near, you will taste that knowing Christ is better than holding a grudge.

**Reflection:**

1. When have you recently experienced God’s goodness in a personal way?
2. How does that goodness challenge your desire to cling to offense?

**Prayer:**

“Jesus, I want to taste and see Your goodness afresh. Show me that You are more satisfying than bitterness. Rekindle my joy in You. Amen.”

- **Day 15 – God Is Near to the Brokenhearted**

**Scriptures:** Psalm 34:18; Romans 8:35, 38–39

**Devotional Thought:**

God does not ask you to forgive from a distance. He is near to the brokenhearted. Nothing can separate you from His love—not betrayal, not abandonment, not sin. His nearness is your security as you release others.

**Reflection:**

1. In which specific hurt do you most need to know God is near?
2. How does Romans 8:35 comfort you in this process?

**Prayer:**

“Lord, thank You that You are close to my broken heart. Let Your inseparable love hold me as I learn to forgive. In Jesus’ name, amen.”

- **Day 16 – Praising God for His Justice**

**Scriptures:** Psalm 34:15–17; Romans 12:19

**Devotional Thought:**

One reason we resist forgiving is fear that justice will be denied. Praise reminds us God sees, hears, and judges rightly. When you praise Him as Judge, you are freed from needing to be judge, jury, and executioner in your own story.

**Reflection:**

1. Where have you taken justice into your own hands (even if only in your thoughts)?
2. What would it look like to entrust that situation fully to God’s justice?

**Prayer:**

“Righteous Judge, I praise You because You see everything. I release my need to repay. I trust Your justice, Your timing, and Your wisdom. Amen.”

- **Day 17 – Praise in Community**

**Scriptures:** Psalm 34:3; Philippians 1:3–5

**Devotional Thought:**

Forgiveness is hard to walk out alone. Praising God with others in community strengthens your resolve and encourages your faith. As you worship with others, you are reminded you are not the only one God is carrying through pain.

**Reflection:**

1. Who can you praise and worship with this week—church, group, or a friend?
2. How might sharing even a small part of your journey bring encouragement?

**Prayer:**

“Lord, thank You for community. Surround me with people who will worship with me, pray for me, and walk with me into freedom. In Jesus’ name, amen.”

- **Day 18 – Praise as Spiritual Warfare**

**Scriptures:** 2 Chronicles 20:21–22; Psalm 34:4

**Devotional Thought:**

In Scripture, praise often precedes victory. As you praise, chains of fear, bitterness, and self-protection begin to loosen. Praise is not denial of battle; it is declaration of God’s supremacy in the battle.

**Reflection:**

1. What “enemy” thought (resentment, revenge, self-pity) do you need to confront with praise?
2. How can you build a small daily rhythm of praise (song, psalm, playlist)?

**Prayer:**

“God, I praise You in the middle of this spiritual battle. Let my praise be a weapon that drives out despair and opens my heart to forgive. Amen.”

- **Day 19 – Testifying in Advance**

**Scriptures:** Psalm 34:22; Philippians 1:6

**Devotional Thought:**

Even before you fully feel forgiveness, you can praise God in faith for what He will do. This is part of our “Year of Joyful Release”—believing that He who began a good work will complete it. Thank Him in advance for the testimony that will come.

**Reflection:**

1. Imagine yourself free from a specific grudge. What would that look like?
2. Can you begin to thank God now for a testimony you haven’t yet seen?

**Prayer:**

“Lord, I praise You for the freedom I have not yet fully experienced. I trust that You are working. Turn my pain into a testimony of forgiveness. In Jesus’ name, amen.”

- **Day 20 – The Humble Joy of Praising Through Forgiveness**

**Scriptures:** Psalm 34 (entire); Colossians 3:15

**Devotional Thought:**

As praise grows, peace grows. As peace grows, forgiveness becomes possible. Let the peace of Christ rule in your heart and be thankful. Humility and gratitude are the soil where joyful release blossoms.

**Reflection:**

1. How has praising God shifted your heart these last 10 days?
2. What small “joys” can you thank God for today, even in this journey?

**Prayer:**

“Jesus, thank You for the peace that grows as I praise. Rule in my heart. Let gratitude and humility make room for deep forgiveness. Amen.”

## **DAYS 21–30: MAKING SPACE FOR CLARITY**

**Theme Scripture for Section:** Ezra 8:23 – “So we fasted and petitioned our God about this, and he answered our prayer.”

**(In these days, you are invited to intentionally make space for God—through quiet prayer, reflection, reducing distractions, or setting aside certain habits. The goal is that you are creating space to hear God.)**

- **Day 21 – Why Make Space in a Forgiveness Journey?**

**Scriptures:** Ezra 8:23; Matthew 6:16–18

**Devotional Thought:**

Creating intentional space before God humbles the soul and sharpens spiritual hearing. When we slow down and turn aside from distractions, we are saying, “God, You are my source.” In the context of forgiveness, this space allows God to reveal hidden resentments and areas where we need to forgive or be forgiven.

**Reflection:**

1. What distractions or habits will you set aside in these next days to make more space for God (e.g., certain media, activities, noise, or hurry)?
2. What specific questions about forgiveness do you want clarity on?

**Prayer:**

“Lord, as I make space to seek You, make my heart sensitive to Your voice. Show me where I need to forgive or be forgiven. In Jesus’ name, amen.”

- **Day 22 – Releasing Self-Justification**

**Scriptures:** Luke 18:9–14

**Devotional Thought:**

One of the most powerful shifts in a forgiveness journey is releasing self-justification. Like the Pharisee, we can be quick to defend ourselves and condemn others. Coming honestly before God, like the tax collector, we say, “God, have mercy on me, a sinner,” and allow Him to show us where we have contributed to brokenness.

**Reflection:**

1. Where have you told yourself, “I did nothing wrong,” without truly examining your heart?
2. Is there someone from whom you may need to ask forgiveness?

**Prayer:**

“God, I lay down my self-justification. Show me my own faults without shame and lead me to true repentance. Amen.”

- **Day 23 – Releasing Negative Narratives**  
**Scriptures:** 2 Corinthians 10:5; Philippians 4:8

**Devotional Thought:**

We often rehearse negative stories about people who hurt us: “They always... They never...” These inner narratives harden our hearts and keep unforgiveness alive. As you notice these thoughts, choose instead to bring them to God and replace them with prayer and truth.

**Reflection:**

1. What repeating negative story do you tell yourself about a specific person?
2. How can you interrupt that story today with a prayer, a verse, or a new, truthful perspective?

**Prayer:**

“Lord, I release negative narratives. Help me take every thought captive and align it with Your truth and grace. In Jesus’ name, amen.”

- **Day 24 – Remembering the Cross**  
**Scriptures:** Isaiah 53:4–6; Colossians 2:13–14

**Devotional Thought:**

As you pause and focus on Christ, remember His suffering for both our sins and the sins committed against us. He carried both. Any discomfort you feel in this process of forgiveness—emotional pain, resistance, or loss—can point you to the One who bore ultimate pain to secure your forgiveness and healing.

**Reflection:**

1. As you notice emotional discomfort or resistance today, how can you let that point you to Jesus’ sacrifice?
2. What does it mean to you that He bore both your sin and your pain?

**Prayer:**

“Jesus, thank You for carrying my sin and my wounds on the cross. Deepen my understanding of Your sacrifice and Your forgiveness. Amen.”

- **Day 25 – Asking God: “Whom Must I Forgive?”**

**Scriptures:** Psalm 139:23–24

**Devotional Thought:**

Some offenses are obvious; others are buried. When you quiet your heart before God, you can invite Him to search you and reveal where unforgiveness hides—perhaps toward parents, leaders, friends, yourself, or even God.

**Reflection:**

1. Ask the Holy Spirit, “Who do I still hold in my heart?” Write down any names that come.
2. Are you surprised by any of the people He brings to mind?

**Prayer:**

“Search me, O God. Reveal any hidden unforgiveness. I am willing for You to show me what I have avoided. In Jesus’ name, amen.”

- **Day 26 – Asking God: “Where Must I Be Forgiven?”**

**Scriptures:** Matthew 5:23–24; 1 John 1:9

**Devotional Thought:**

Forgiveness is not one-sided. Sometimes, we are the ones who have caused hurt. As we slow down with God, He gives us humility to see where we must seek reconciliation. Not every relationship will be restored, but we can take responsibility before God and, when safe and appropriate, before others.

**Reflection:**

1. Is there someone you know you have wronged but have avoided facing?
2. What might a humble step of apology look like (even if it is a letter you never send, offered to God as an act of repentance)?

**Prayer:**

“Lord, show me where I need to ask for forgiveness. Give me humility and wisdom to make things right as far as it depends on me. Amen.”

- **Day 27 – Clarity About Boundaries and Forgiveness**

**Scriptures:** Proverbs 4:23; Romans 12:18

**Devotional Thought:**

Forgiveness does not always mean full reconciliation or the removal of all boundaries. God gives wisdom to discern healthy distance when there is ongoing abuse, manipulation, or unrepentant harm. You can forgive from the heart and still establish God-honoring boundaries.

**Reflection:**

1. Where have you confused forgiveness with allowing ongoing harm?
2. What healthy boundary might God be inviting you to set?

**Prayer:**

“God, give me clarity about boundaries. Help me forgive from the heart while also guarding my heart with wisdom. In Jesus’ name, amen.”

- **Day 28 – Interceding for Generational Freedom**

**Scriptures:** Exodus 34:6–7; Acts 16:31

**Devotional Thought:**

Unforgiveness can run in families, showing up as long-standing conflicts, grudges, and division. By choosing forgiveness and praying for your family, you can become a pivot point in your family line—releasing generational bitterness and inviting generational blessing. Your obedience can impact children, relatives, and spiritual descendants.

**Reflection:**

1. What patterns of unforgiveness or division do you see in your family?
2. How might your obedience to forgive shift the spiritual atmosphere for future generations?

**Prayer:**

“Lord, break generational patterns of bitterness in my family. Let forgiveness flow through me as a new beginning for my bloodline. Amen.”

- **Day 29 – Listening for God’s Instruction**

**Scriptures:** John 10:27; James 1:5

**Devotional Thought:**

This journey is not only about letting go of hurt; it is also about listening. God may give you specific instructions: someone to call, a letter to write, a way to bless an enemy, or a new way to pray. As you sit quietly before Him, ask for wisdom, and trust that He will lead you in alignment with His Word.

**Reflection:**

1. What impressions, nudges, or thoughts have you sensed during this focused season?
2. Do any of them align with Scripture and the character of Christ?

**Prayer:**

“Speak, Lord, for Your servant is listening. Give me wisdom and courage to obey whatever You show me. In Jesus’ name, amen.”

- **Day 30 – Freedom and the Year of Joyful Release**

**Scriptures:** Isaiah 58:6; Philippians 3:13–14

**Devotional Thought:**

God desires to loose chains of injustice and break yokes of oppression, including the inner chains of unforgiveness. As you come to the close of this focused season of seeking clarity, believe that God is using it to weaken and break the grip of bitterness. Press on toward the high calling of walking in joyful release and freedom in Christ.

**Reflection:**

1. What “chains” related to unforgiveness do you sense beginning to weaken?
2. What practical next step will you take as this focused clarity phase ends?

**Prayer:**

“Lord, thank You for meeting me in this journey. Break every chain of bitterness and unforgiveness in my life. I press on toward freedom in Christ. Amen.”

## DAYS 31–40: LETTING GO – WALKING IN JOYFUL RELEASE

*Theme Scripture for Section: Isaiah 43:18 – “Forget the former things; do not dwell on the past.”*

- **Day 31 – The Call to Release the Past**

**Scriptures:** Isaiah 43:18–19; Philippians 3:13

**Devotional Thought:**

God is doing a new thing. Letting go does not mean your past never mattered; it means it no longer masters you. Through the Holy Spirit, you can stop dwelling on old stories and step into a new narrative - one rooted in grace and freedom.

**Reflection:**

1. What story from your past do you keep replaying that God is asking you to release?
2. How might your life look if that story no longer defined you?

**Prayer:**

“Holy Spirit, empower me to stop dwelling on the past. Do a new thing in me. Set me free from the bondage of old narratives. In Jesus’ name, amen.”

- **Day 32 – Accepting God’s Grace for Your Own Sins**

**Scriptures:** Romans 8:1; Colossians 1:13–14

**Devotional Thought:**

Many struggle to forgive others because they have not received God’s grace for themselves. There is no condemnation for those in Christ. Accepting that you are truly forgiven loosens the shame that keeps you harsh toward others.

**Reflection:**

1. Are there sins you still feel God has not fully forgiven—even though His Word says otherwise?
2. How does Romans 8:1 challenge your self-condemning thoughts?

**Prayer:**

“Lord, I receive Your grace for my own sins. I renounce shame and condemnation. Let the forgiveness I’ve received overflow to others. Amen.”

- **Day 33 – Releasing the Right to Revenge**  
**Scriptures:** Romans 12:17–21; Matthew 5:7

**Devotional Thought:**

Forgiveness is releasing your right to revenge and entrusting justice to God. It is not calling evil good; it is refusing to become evil in response to evil. Mercy triumphs over judgment in the heart that trusts God.

**Reflection:**

1. In what ways (even subtle) have you sought revenge - words, silence, withdrawal, gossip?
2. What does it mean for you to “leave room for God’s wrath” instead of your own?

**Prayer:**

“God, I surrender my desire for revenge. I trust You with justice. Fill my heart with mercy and compassion instead of bitterness. In Jesus’ name, amen.”

- **Day 34 – Forgiving from the Heart**  
**Scriptures:** Matthew 18:21–35

**Devotional Thought:**

Forgiveness is not merely saying, “It’s okay.” It is releasing the debt someone owes you from the heart. This may be a process, revisited more than once. But you can decide today: “Lord, as an act of my will, I cancel the debt.”

**Reflection:**

1. Where are you still holding an inner “ledger” of what someone owes you?
2. Can you, before God, declare that debt canceled, even if feelings lag behind?

**Prayer:**

“Father, I choose to forgive [name]. I cancel the debt they owe me. Align my emotions over time with this decision. In Jesus’ name, amen.”

- **Day 35 – Extending Grace in Daily Irritations**

**Scriptures:** Colossians 3:12–15

**Devotional Thought:**

Forgiveness is not only for big betrayals; it’s also for daily annoyances and disappointments. As God’s chosen, holy, and beloved, you are clothed with compassion, kindness, humility, meekness, and patience. This lifestyle prevents small offenses from growing into deep roots of bitterness.

**Reflection:**

1. What small daily offenses do you tend to hold onto—traffic, tone of voice, misunderstandings?
2. How can you practice quick, quiet forgiveness in these moments?

**Prayer:**

“Lord, clothe me with compassion and patience. Help me forgive quickly in daily irritations so roots of bitterness cannot grow. Amen.”

- **Day 36 – Releasing Yourself from Self-Hatred**

**Scriptures:** 1 John 3:20–21; Philippians 1:6

**Devotional Thought:**

Sometimes the hardest person to forgive is yourself. You may replay your own failures and punish yourself inwardly. Yet God, who knows everything, is greater than your condemning heart. He is not finished with you. Letting go includes releasing yourself into His mercy.

**Reflection:**

1. What mistakes or sins do you continually beat yourself up over?
2. Can you speak over yourself today: “God is not done with me yet”?

**Prayer:**

“Father, I forgive myself for [name it]. I place my failures under the blood of Jesus. I agree with Your mercy instead of my self-hatred. In Jesus’ name, amen.”

- **Day 37 – Reconciling Where Possible**

**Scriptures:** Romans 12:18; 2 Corinthians 5:18–19

**Devotional Thought:**

You are called to the ministry of reconciliation, but reconciliation is not always possible or wise. “As far as it depends on you, live at peace with everyone.” Sometimes the reconciliation is internal, before God. Other times, God may open a door to restore a relationship in some measure.

**Reflection:**

1. Is there a relationship where God might be inviting you to a step of peace (a conversation, a message, a blessing)?
2. What would “as far as it depends on you” look like in that case?

**Prayer:**

“Lord, show me where and how to pursue reconciliation, when it is safe and wise. Let me be a peacemaker led by Your Spirit. Amen.”

- **Day 38 – Joyful Release and New Identity**

**Scriptures:** 2 Corinthians 5:17; Colossians 3:1–4

**Devotional Thought:**

You are a new creation in Christ. Your identity is no longer “the wounded one,” “the betrayed one,” or “the angry one.” The Year of Joyful Release is a year of stepping fully into your new identity—hidden with Christ in God, defined by His love, not by others’ sin.

**Reflection:**

1. What labels have you carried that are rooted in your wounds?
2. What new identity statements from Scripture can you claim instead?

**Prayer:**

“Jesus, I receive my identity as a new creation. I lay down old labels and put on the new self, created in Your likeness. Let joy arise from my new identity. Amen.”

- **Day 39 – Testifying: From Unforgiving to Forgiven and Forgiving**

**Scriptures:** Psalm 107:2; Philippians 4:4

**Devotional Thought:**

One sign of true release is the ability to testify. “Let the redeemed of the Lord say so.” Your story—moving from unforgiveness to forgiveness—will encourage others and glorify God. Joy is often completed when we share what God has done.

**Reflection:**

1. How has God moved you along the path from unforgiveness toward forgiveness in these 40 days?
2. Who might need to hear a part of your story?

**Prayer:**

“Lord, thank You for what You have done in me. Give me boldness and wisdom to share my testimony for Your glory and others’ freedom. In Jesus’ name, amen.”

- **Day 40 – Walking Forward in Spiritual Freedom**

**Scriptures:** Galatians 5:1; Romans 8:35–39

**Devotional Thought:**

“It is for freedom that Christ has set us free.” Nothing—no past hurt, no present trial, no future fear—can separate you from the love of Christ. Today you step into a new season: The Year of Joyful Release. Forgiveness will now be a lifestyle, not a one-time event.

**Reflection:**

1. What commitments will you carry beyond these 40 days (e.g., daily short prayers, weekly praise, periodic fasting, ongoing letting go)?
2. How will you remind yourself, “I am called to live free and to forgive”?

**Prayer:**

“Jesus, thank You for bringing me through these 40 days. I receive the freedom You purchased for me. Let forgiveness and joyful release mark my life from this day forward. By Your Spirit, I will not return to bondage. Amen.”

**Holy Week Supplement - Fasting**  
**Theme Scripture for Section: Isaiah 58:3-12**

*“<sup>3</sup>Why do we fast, but you do not see? Why humble ourselves, but you do not notice?”  
Look, you serve your own interest on your fast day and oppress all your workers.<sup>4</sup>You fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high.<sup>5</sup>Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord?<sup>6</sup>Is not this the fast that I choose: to loose the bonds of injustice, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?<sup>7</sup>Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them and not to hide yourself from your own kin?<sup>8</sup>Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator<sup>[b]</sup> shall go before you; the glory of the Lord shall be your rear guard. <sup>9</sup>Then you shall call, and the Lord will answer; you shall cry for help, and he will say, “Here I am.” If you remove the yoke from among you, the pointing of the finger, the speaking of evil,<sup>10</sup> if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.<sup>11</sup>The Lord will guide you continually and satisfy your needs in parched places and make your bones strong, and you shall be like a watered garden, like a spring of water whose waters never fail.<sup>12</sup>Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.”*

***(You can choose the form of fasting: a meal a day, certain foods, media, or specific habits. The goal is that you are creating space for humility, break through, deliverance, and connection to hear God.)***

- **Day 1 (Holy Monday) – Releasing Old Stories, Embracing Joyful Restart**

**Scriptures:** Philippians 3:7–14; Colossians 3:1–4

**Devotional Thought:**

Holy Week opens with an invitation to release the old story and step into a joyful restart in Christ. Paul considered everything a loss compared to knowing Christ and pressed on toward the goal. In Him, you are no longer defined by your failures, wounds, or past roles, but by your new identity hidden with Christ in God. Fasting today becomes a way of saying: “I refuse to let my past write my future. I choose the joy of knowing Christ.” As you turn from self-reliance to Christ-reliance, you make room for the Spirit to renew your vision, your desires, and your sense of calling.

**Reflection:**

1. What “old story” about yourself or your past do you keep rehearsing that Christ has already forgiven or redefined?
2. Where is Jesus inviting you to press “restart” this Holy Week—your thoughts, relationships, habits, or expectations instead of “I give up”?

**Prayer:**

“Lord Jesus, I surrender my old stories and failures at the foot of Your cross. I receive the joyful restart You purchased for me. Set my mind on things above and renew my desire to know You above all else. Thank You that in You I am made new. Let this week be a true restart—rooted in Your finished work and filled with Your joy. Amen.”

- **Day 2 (Holy Tuesday) – Releasing Condemnation, Receiving Joy in Christ, Not in Control**

**Scriptures:** Philippians 4:4–7; Romans 8:35–37

**Devotional Thought:**

The joy of Christ is not built on everything going your way, but on the unshakable truth that nothing can separate you from His love. When we cling to control, anxiety grows and joy fades. As you fast today, you physically feel your limits—and that becomes a holy reminder that you are held, not in your own strength, but in Christ’s unbreakable love. You are invited to rejoice in the Lord always, not because circumstances are easy, but because His love is constant, victorious, and near. Joyful release means loosening your grip on outcomes and resting in the One who holds you. “Rejoice in the Lord always” is not a call to deny pain, but to anchor joy in Christ, not in circumstances. Many of us live under a cloud of self-condemnation—replaying our failures, replaying others’ words, doubting God’s delight in us. Holy Week reminds us that Jesus carried our guilt and shame to the cross. As you fast today, let go of the inner voice that says, “I am never enough,” and listen instead to the voice of Christ, who declares, “No condemnation now hangs over you.” Prayer and fasting open space for the peace of God to guard your heart and mind in Christ Jesus.

**Reflection:**

1. What condemning thought about yourself keeps returning, and how does it contradict what Christ says about you?
2. How might rejoicing “in the Lord” (not in outcomes) shift your focus and your emotional climate today?

**Prayer:**

“Jesus, I release self-condemnation and the lies that say I am unworthy of Your love. I surrender my need to control. I choose to rejoice in You, not in my circumstances. Guard my heart and mind with Your peace, and remind me that nothing can separate me from Your love. I choose to rejoice in You, my righteousness and my peace. Guard my heart and mind with Your peace as I trust in You. Amen.”

- ***Day 3 (Holy Wednesday) – Releasing Old Identities, Living as the Forgiven***

**Scriptures:** Colossians 3:1–4, 12–14

**Devotional Thought:**

In Christ, you have a new identity: chosen, holy, and dearly loved. Yet we often keep wearing the “old clothes” of resentment, pride, bitterness, and self-protection. Holy Week calls us to join Jesus in dying to the old self and rising into new life. As you fast today, picture yourself taking off old garments—labels, guilt, grudges—and putting on compassion, kindness, humility, gentleness, and patience. Forgiveness is not weakness; it is the clothing of those who know they are deeply loved and fully forgiven.

**Reflection:**

1. What old identity labels (rejected, overlooked, unworthy, always hurt, always angry) do you still wear that Christ has already replaced?
2. Who do you need to “clothe yourself” for today—with compassion rather than criticism, with patience rather than irritation?

**Prayer:**

“Father, thank You that in Christ I am chosen, holy, and dearly loved. I lay down my old identities and put on the character of Christ. Teach me to forgive as You have forgiven me and to walk in the clothing of love. Amen.”

- **Day 4 (Maundy Thursday) – Secure in Unbreakable Love, Free to Release Others**

**Scriptures:** Romans 8:35–39; John 13:3–5, 12–15

**Devotional Thought:**

On the night He was betrayed, Jesus knew who He was, where He had come from, and where He was going—and from that security, He knelt to wash feet. When you know that nothing can separate you from the love of Christ, you are free to stoop low, to serve, and to forgive without fear of losing yourself. Joyful release today means releasing the need to protect your image, your pride, or your “rightness,” and instead taking on the posture of a servant. As you fast, let the emptiness you feel become a reminder of how Christ emptied Himself in love for you—and how safe you are to pour yourself out in love for others.

**Reflection:**

1. Where are you still trying to protect your pride instead of taking the humble posture of a servant?
2. How does knowing that Christ’s love for you is unbreakable give you courage to love and forgive in costly ways?

**Prayer:**

“Jesus, You loved me to the end and secured me in Your unbreakable love. Knowing I am safe in You, I choose the way of humble service and forgiveness. Wash my heart as I seek to wash the feet of others in love. Amen.”

- **Day 5 (Good Friday – Fast Ending at Noon) – Surrender: Joyful Release at the Cross**

**Scriptures:** Philippians 1:20–21; Colossians 2:13–15; Romans 8:32–35

**Devotional Thought:**

We remember the hours when Christ hung on the cross, carrying our sin, shame, and unforgiveness. At the cross, every accusation against you was nailed and disarmed. The One who did not spare His own Son but gave Him up for us all has already proven that His love will never let you go. This is the joyful release at the heart of Holy Week: you are released from condemnation, released from the need to justify yourself, and released from the burden of holding others in debt. Your restart is not a self-improvement project; it is a resurrection gift, secured by the unbreakable love of Christ. As your Holy Week fast comes to a close at noon, you finish not in your own strength, but in the unbreakable love of Christ. “Who shall separate us from the love of Christ?” No hardship, no past sin, no present battle, no future fear. This love has secured you, carried you, and will complete the good work God began in you. The journey of joyful release is not a one-time event, but a lifestyle rooted in the certainty that nothing can pull you out of His hand. You can forgive, restart, and keep walking because you are held by a love that never lets go.

**Reflection:**

1. Looking back over this week, where have you experienced even a small taste of release—of your past, of condemnation, of grudges, or of fear?
2. What would it look like, in a practical way, to live today as someone who is absolutely convinced of Christ's unbreakable love?

**Prayer:**

“Lord Jesus, at the cross You canceled my debt and broke the power of accusation over my life. Today, I lay down guilt, shame, and bitterness. I receive the joyful restart You won for me, and I choose to walk in my new identity—loved, forgiven, and secure in Your unbreakable love. Jesus, thank You that nothing can separate me from Your love—not my failures, not my wounds, not my fears. I lay down every remaining fear and choose to rest in Your unshakable grip. Complete in me the work You have begun, and let this Holy Week mark a true joyful restart in my life. Amen.”