

# *Release Your Hurts to God*

1/29//2018

Every time you replay a hurt in your mind, it hurts you a little bit more. Reliving a hurt only perpetuates the pain. But releasing the hurt and forgiving the offender is the path to inner peace. Every time the hurt comes back to your mind, bring it to God, ask for his grace, let go of the offense, and leave your hurt at the cross.

**Love keeps no record of wrongs.**

**1 CORINTHIANS 13:5 (NIV)**

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## REFLECT

### **What did you hear?**

What did God say to you as you read today's Bible passage? What word or phrase was most meaningful to you?

### **What do you think?**

What does this passage mean to you? How does it apply to your life?

### **What is your prayer?**

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

# *Grace to Forgive*

1/30/2018

Forgiving someone who has hurt you can seem so unfair. But forgiveness isn't about fairness. Forgiveness is about grace. It wasn't fair that God forgave you, but he did. Now that you have been forgiven, God says, "I want you to forgive those who have hurt you. And I'll give you the grace to do it."

**Be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ.**

**EPHESIANS 4:32 (GNT)**

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# ***Freely Receive God's Forgiveness***

1/31/2018

God can always be trusted to forgive you if you will simply ask. There are no hurdles to jump, no dues to pay, no penalty box to sit in, no scales to even out, no begging or bargaining. And there is no waiting period where God says, “Let’s wait and see if you really deserve my forgiveness.” It only takes humility and honesty. But the payoff is well worth it. You are instantly, freely, completely, and permanently forgiven and justified. Justified means it’s “just-as-if-I’d” never sinned.

**If we confess our sins to God, he can always be trusted to forgive us and take our sins away.**

**1 JOHN 1:9 (CEV)**

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# Trusting in Your Father

2/1/2018

Each phrase of the Lord's Prayer represents a relationship of trust.

*Our Father in heaven* — You are my Father, I am your child. I trust your love.

*Your kingdom come* — You are my King, I am your subject. I trust your authority.

*Your will be done* — You are my Master, I am your servant. I trust your wisdom.

*Give us this day our daily bread* — You are my Provider, I am your dependent. I trust your faithfulness.

*Forgive us our sins* — You are my Savior, I am a sinner. I trust your mercy.

*Lead us not into temptation* — You are my Guide, I am a pilgrim. I trust your direction.

*Deliver us from evil* — You are my Deliverer, I am a captive. I trust your power.

**Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory forever. Amen.**

MATTHEW 6:9-13

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# Daily Dependence

2/2/2018

Jesus didn't teach us to pray, "Give us this day our weekly bread... or our monthly bread... or enough bread for a lifetime." He taught us to pray, "Give us this day our daily bread," because God wants you to depend on him one day at a time. If God met all your needs all at once, you wouldn't need to trust him anymore. In fact, you might never talk to him again. So Jesus told us to ask for what we need just for today, and not to worry about tomorrow.

**Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**

MATTHEW 6:34 (NIV)

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# Our Comforter

2/3/2018

God wants to comfort you in your grief. He wants to support and strengthen you when you feel like you can't go on. When you're hurting, sad, or afraid, pray the way Jesus prayed in the Garden of Gethsemane: "Your will be done." Jesus was saying, "Even though I don't want to suffer, I believe you know what is best for me." In his hour of deepest suffering and grief, Jesus gave God his pain and sorrow, and surrendered to the will of God. God wants you to trust him with every part of your life—including your suffering—every day.

**“Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”**

**MARK 14:36 (NIV)**

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# *Live for God's Purposes*

2/4/2018

Living for God's purposes isn't a one-time decision. Cooperating with him has to be a daily attitude of your heart. Seek him first in all of your everyday, ordinary decisions. Make the commitment now to live this day for God's purposes.

**So here's what I want you to do, God helping you:  
Take your everyday, ordinary life—your sleeping,  
eating, going-to-work, and walking-around life—and  
place it before God as an offering. Embracing what  
God does for you is the best thing you can do for him.**

**ROMANS 12:1 (THE MESSAGE)**

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