



How To Forgive and Move On From Past Hurts

The Importance of Forgiveness

The Bible is full of examples of how Christians should handle forgiveness, from the parable of the unforgiving servant in Matthew 18 to Jesus asking the Father to forgive His torturers as He hung dying on the cross. But if you are someone who has experienced deep heartbreak, pain, or trauma, forgiveness may be easier said than done.

Forgiveness doesn't mean condoning bad behavior—it's a decision to let go of the resentment the bad behavior has caused. By forgiving, we find freedom from the weight of anger and bitterness. If you or someone you know is struggling to move forward from past hurts, Bellevue wants to help. Check out the list of resources below to find freedom through forgiveness!

Book Resources

Total Forgiveness: When Everything in You Wants To Hold a Grudge, Point a Finger, and Remember the Pain—God Wants You To Lay It All Aside

By R.T. Kendall

Kendall challenges believers to root out the hidden, hardened places of subtle resentments and unforgiveness and take hold of the hope, freedom, and peace that come when we walk in total forgiveness.

40 Days to Total Forgiveness: A Journey To Break Free

By R.T. Kendall

Kendall helps you understand the importance of the mandate in God's Word to forgive others and teaches you steps to take to totally forgive.

Forgiving What You Can't Forget: Discover How To Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again

By Lysa TerKeurst

As TerKeurst shares her powerful story, you'll learn how to let go of bound-up resentment and overcome the resistance to forgive people who aren't willing to make things right.

Forgive: Why Should I and How Can I?

By Timothy Keller

Keller shows readers why forgiveness is so important and how to do it, explaining in detail the steps you can take to move on without sacrificing justice or your humanity.



Book Resources (continued)

The Gift of Forgiveness

By Charles Stanley

Stanley's insightful biblical guide will help you surrender hurt and bitterness toward others and yourself through confession and honesty—and begin true spiritual healing.

Choosing Forgiveness:

Moving from Hurt to Hope

By Nancy DeMoss Wolgemuth

Wolgemuth delves into God's Word to uncover the promises and expose the myths of forgiveness, and she shares specific strategies for putting into practice God's grace and mercy.

Enemies of the Heart:

Breaking Free from the Four Emotions That Control You

By Andy Stanley

Stanley offers practical biblical direction to help you fight back, take charge of the feelings that mysteriously control you, and restore your broken relationships.

Digital Resources

YouVersion Bible App

This mobile app features a full library of daily devotionals, reading plans, and videos about forgiveness (and other topics).

RightNow Media

The world's largest library of Bible study video resources contains content about countless topics, including forgiveness. Register for a free account at bellevue.org/rightnowmedia.

Sermon: "God's Great Gamble" by Andy Stanley (Available on YouTube)

Stanley explains how forgiving someone before they ask for it isn't easy, but it's what God did for us.

"Foundations of Forgiveness"—Fierce Marriage Podcast Episode

Forgiving others when we are genuinely hurt is one of the most difficult but most important principles we must learn in marriage.

"Forgiving Others As God Forgives Us | Donna Gaines | Bellevue Women's Ministry Highlights"

(Video Available on YouTube)

Gaines talks about forgiving others as God forgives us, the benefits of forgiveness, and the dangers of not forgiving others.



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