

# THE FIGHT OF YOUR LIFE

- - - FIGHTING FOR WHAT MATTERS MOST - - -



## DAILY JOURNEY

WEEK 1 | DAY 5

### **Ephesians 4:31-32**

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

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If you've been in a relationship for any amount of time, you know this to be true: forgiveness is not a one-time event. Sure, you might say the words, "I forgive you," once, but then you have to choose to not replay the incident, words, or offense over and over again.

If there's an offense from your spouse (or a friendship) that has continued to bury resentment in you, even after you've granted forgiveness, confess it God. Ask him for help in becoming kind and tenderhearted, and spend time remembering his sacrifice for you on the cross.

### **APPLICATION:**

Is there a relationship where I continue to be resentful? Confess it to God and to someone who can help hold you accountable.

### **PRAYER:**

God, Thank you for the cross. Help me to become kind and tenderhearted.