



KEEP THIS IN YOUR BIBLE
Revisit it whenever you need this reminder again.



Daily
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CONVERSATION COMPANION



FORGIVENESS

Forgiving When It
Still Hurts



KEY SCRIPTURE: Ephesians 4:31-32



Finding biblical hope for the burdens we all carry.

TODAY'S CONVERSATION



FORGIVENESS



KEY SCRIPTURE: Ephesians 4:31-32

FURTHER READING: Colossians 3:13
Matthew 6:14-15



Main Thought

Have you ever been told, "You just need to forgive," when your heart was still carrying the weight of what happened? Sometimes those words, even when well intended, can feel impossible.

If forgiveness feels difficult today, you're not alone. You can bring that hurt before the One who understands every wound and asks us to trust Him with what we cannot carry ourselves.

What God showed me this week...

PERSONAL REFLECTION



Ask Yourself

How does God teach me to forgive?

1

2

3



Next Step

One practical step of faith I will take this week



Pray - Spend time with God & bring this to him



Read - Read today's scripture again this week



Encourage - Reach out to someone who may be struggling



Serve - Look for a way to serve others