

Christian Psychologist Online
Guided Reflection Series

Forgiveness Reflection Worksheet

Take 15–20 minutes in a quiet space to reflect on forgiveness. This may be forgiveness toward others or yourself. Begin with prayer, inviting God into your reflection, and allow His grace and the Holy Spirit to guide you.

1. What pain am I still carrying?

What event, relationship, or internal struggle continues to affect your peace?

2. How has this pain shaped my thoughts or behaviours?

Reflect on how this unresolved hurt has influenced your emotions, beliefs, or relationships.

3. What would it mean to forgive in this situation?

Describe what letting go might look and feel like, even if the other person is not involved.

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4. What does God's Word say about forgiveness?

Find and write down 1–2 Scriptures that speak into your situation (e.g., Matthew 18:21–22, Ephesians 4:32).

5. What step can I take today toward forgiveness?

Consider journaling, prayer, counselling, or speaking to someone you trust.

Closing Prayer

Father God, I bring this hurt before You. Help me to release what I've carried for too long. Teach me to forgive as You have forgiven me. Fill me with Your peace, and guide me into healing. Amen.