

# Day 1

## Forgiveness, Boundaries and Reconciliation: Put on the Armor of God

### *The Whole Armor of God*

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

### Ephesians 6:10-20 (NJKV)

1. How have your relationships affected your ability to draw upon the armor of God described in the scripture above? Are there specific areas of the above scripture that speak to you as you consider how you can heal and be free?

2. Are you prepared to walk in love and wisdom concerning those who you need to forgive and set healthy boundaries with? If not, what is holding you back?

3. Who do you need to forgive?

4. What do you need to do to reconcile with this person?

5. Are they safe to reconcile with in the flesh? If not, what boundaries can you set with this person to remain safe and healthy?

## Prayer

*Lord, I am choosing to forgive, to set up healthy boundaries and still walk in love. Help me to be reconciled with everyone in the spirit, so that I may live in peace and power. Give me wisdom and discernment to know what boundaries to set with those who are not safe for me to reconcile with in the flesh. Thank you for your forgiveness Lord Jesus.*

## Anchor Yourself in Christ

I AM forgiven.

I AM forgiving.

I AM wise and able to set healthy boundaries.

I AM reconciled to Christ and others.

I AM living in healthy love patterns with Jesus Christ.

## Day 2

### **Forgiveness, Boundaries and Reconciliation: Live with Confidence**

*For the Lord will be your  
confidence and will keep your  
foot from being caught.*

**Proverbs 3:26 (ESV)**

*Not that we are sufficient in ourselves  
to claim anything as coming from  
us, but our sufficiency is from God.*

**2 Corinthians 3:5 (ESV)**

*So, we can confidently say, "The  
Lord is my helper; I will not fear;  
what can man do to me?"*

**Hebrews 13:6 (ESV)**

In today's activities, we look at the power of confidence to help us maintain strong, healthy relationships that bless us. As we put on the armor of God, we will be confident of our salvation. We will be secure in our belief that God has forgiven us completely from our mistakes and that He gives us the ability to forgive others who have wounded us. We will trust in the good news of the Gospel, which is the Gospel of love. When we are sure of ourselves, we can confidently express ourselves to others with kindness as we set boundaries that protect us.

1. What has God asked *me* to carry—and what am I trying to carry for others?

2. Are you holding onto any fears about forgiving yourself or others? What fears do you have about setting boundaries with others?

3. Am I doing something out of love—or out of guilt, fear, or people-pleasing?

4. Do I fear rejection or conflict more than I value truth and peace?

5. Have I allowed someone to repeatedly cross a line without speaking up?

6. What will your life look like as you walk in confidence and healthy love?

## *Prayer*

Thank You, Lord, for giving me all the confidence I need to forgive, to set healthy boundaries, and to reconcile with everyone in the spirit.  
Thank You, Lord, for giving me wisdom to protect myself. Help me to understand that I can both love and protect myself and others.

## *Anchor Yourself in Christ*

I AM confident that Christ is going before me.  
I AM confident that God gives me ALL wisdom.  
I AM walking in faith and confidence.  
I AM becoming more skilled in growing healthy relationships.

# Day 3

## Forgiveness, Boundaries and Reconciliation: Use Your Voice Wisely

*Whoever guards his mouth  
preserves his life; he who opens  
wide his lips comes to ruin.*

**Proverbs 13:3 (ESV)**

*A soft answer turns away wrath,  
but a harsh word stirs up anger.*

**Proverbs 15:1 (ESV)**

*The heart of the righteous ponders  
how to answer, but the mouth of  
the wicked pours out evil things.*

**Proverbs 15:28 (ESV)**

In today's activities, we consider the power of expressing ourselves and how it helps us to set healthy boundaries and maintain good relationships. When we speak our truth in love, we can open up space in our lives for our connections with others to grow and be blessed. As we express what we need to say, we should use our voice in a kind way. As we share what we desire and expect of others with gentleness and kind resolve, it makes it easier for us and others to follow through more easily on what we are asking for.

1. How skilled are you at expressing yourself? Do you have good examples around you that express themselves well?

2. What areas would you like to improve on in expressing yourself?

3. Are you able to quietly set boundaries, or do you need to be more vocal with some of the people in your life? How can you express those boundaries kindly but firmly?

4. Who do you need to encourage?

5. Who do you need to be more clear with?



6. What boundaries would Jesus want me to have here?

## Prayer

*Thank You, Lord, that You have given me confidence and wisdom in expressing myself. Help me to be kind and encouraging while also setting healthy boundaries for myself. May the sweetness of the Holy Spirit within me give me kind words to encourage and uplift others while speaking truth. Thank You for Your wisdom within me, Lord.*

## Anchor Yourself in Christ

I AM able to express myself with love.

I AM kind and clear.

I AM wise with my words.

I AM able to set boundaries with kindness.

# Day 4

## Forgiveness, Boundaries and Reconciliation: Communicate with Clarity

*But let your 'Yes' be 'Yes,' and your  
'No,' 'No.' For whatever is more  
than these is from the evil one.*

**Matthew 5:37 (NKJV)**

*God is not man, that he should lie,  
or a son of man, that he should  
change his mind. Has he said,  
and will he not do it? Or has he  
spoken, and will he not fulfill it?*

**Numbers 23:19 (ESV)**

In today's activities, we look at the value of finding clarity about ourselves and our beliefs and our boundaries, as well as communicating with clarity to others. As the Lord is clear to us in what He expects of us, we can and ought to be clear to others with kindness. In this area, Jesus is our example and we can emulate Him. Let us say what we mean! Let your yes be yes, and your no be no, so that others know what to expect and what works for you. In this way, your relationships will be healthier.

1. Is this relationship helping me walk closer to Christ—or pulling me away?

2. What is He saying to you about your relationships with others?

3. Are you clear to others about what you will and won't do? If not, what is blocking you from doing so?

4. Do you waver in what you communicate-saying yes sometimes and no at others? How can you be more consistent in what you share with those in your life?

5. How can you become more grounded and stable in what you do and say?

6. Am I honoring my need for rest, prayer, and spiritual renewal?

# Prayer

*Thank You, Lord, for grounding me in Your Word. Help me to be clear about what You would have me do, and clear about what I believe and what is good for me. Help me to also be grounded in what I say and do. When I speak, help me to be full of grace, wisdom, and truth.*

## Anchor Yourself in Christ

I AM grounded in my faith.

I AM clear about my beliefs and values.

I AM clear to others about what I believe and do.

I AM a good example.

I AM true to my word.

# Day 5

## Forgiveness, Boundaries and Reconciliation: Show Kindness

*A man who is kind benefits himself,  
but a cruel man hurts himself.*

**Proverbs 11:17 (ESV)**

*Do not repay evil for evil or reviling  
for reviling, but on the contrary,  
bless, for to this you were called,  
that you may obtain a blessing.*

**1 Peter 3:9 (ESV)**

In today's activities, we look at ways to share our forgiveness, our boundaries, and our truths with kindness. As Proverbs 31:26 says, God helps us so that we can open our mouth with wisdom and have kindness on our tongue as we speak with others. As you consider communicating with people in your life, be gentle in your tone of voice and your choice of words.

1. Have you seen or experienced the result of unkind, harsh words in your life or the life of those around you? What impact do such words have on other people?

2. In what ways do you need to be more kind and wiser about how you speak and act?

3. Are you able to walk in wisdom and kindness? If this is hard for you, what is it that seems to be holding you back in this area?

4. Have you received kindness from God? In what areas can you open yourself up to receiving more of His kindness and love for you?

5. Who are the people in your life who need your kindness? What are some ways you might show them kindness-while also maintaining your healthy boundaries with them?

6. What will your life look like as you speak and act with kindness?

## Prayer

*You are so kind to me, Lord. You have shown me mercy and love even when I didn't deserve it. Help me to be kind to others. Help me to draw upon the Holy Spirit's example as I behave and speak to others. Help me to be full of Your wisdom, which leads me to a blessed and abundant life.*

## Anchor Yourself in Christ

I AM kind.

I AM full of God's wisdom.

I AM good to all while being wise.

I AM led by the Holy Spirit giving me wisdom and direction.

# Day 6

## Forgiveness, Boundaries and Reconciliation: Mind Your Business

*that you also aspire to lead a quiet life,  
to mind your own business,  
and to work with your own hands,  
as we commanded you,*

**1 Thessalonians 4:11 (NJKV)**

*Besides that, they learn to be  
idlers, going about from house  
to house, and not only idlers,  
but also gossips and busybodies,  
saying what they should not.*

**1 Timothy 5:13 (ESV)**

*Or how can you say to your brother, 'Brother,  
let me remove the speck that is in your eye,'  
when you yourself do not see the plank that is in your own eye?*

*Hypocrite! First remove the plank from your own eye,  
and then you will see clearly to remove the speck that is in your brother's eye.*

**Luke 6:42**



In today's activities, we consider how saying no to that which is unhelpful, unproductive, or ungodly is essential to healthy relationships, as well as a successful, happy life. While the world often sees the words "mind your business" as harsh or unkind, it is important to draw boundaries that are good for us. When we embrace the idea of focusing on what is within our control, we give ourselves the ability to live purposefully. Rather than wasting energy on what we cannot change, we can place energy into what God has given us—ensuring our own lives remain balanced, and that we are living for Him with our whole heart. And this willingness to care for ourselves with loving wisdom will help us to be healthy and be there for others in their time of need.

1. What areas of your life are productive and effective right now? What areas of your life need more of your attention and energy?
2. How does it affect you when you are so invested in the business of others that you are not taking good care of yourself and your own needs?
3. What (or who) do you need to stop investing your energy in? How is it affecting you to put energy into them?

4. In what ways do you need to take care of your own life?

5. Do you sabotage your own life by speaking or mingling too much with those who do not have your best interests at heart?

## Prayer

*Thank You, Lord, for Your Word that guides me into a peaceful and quiet life. Help me to stay away from drama by minding my own business and pulling away from anything that is filled with drama. Give me the wisdom to recognize who to spend time with and give me the wisdom and courage to step away when needed. Help me to stay focused on You and to take time to care for myself so that I can be strengthened to do Your will and live with joy.*

## Anchor Yourself in Christ

I AM focused on God and on my own business.

I AM free from the drama of others.

I AM content as I care for my life.

I AM leading a quiet life.

I AM peaceful and quiet.

I AM joyful and energized as I take care of my needs with God's help and grace.

I AM living in healthy love patterns with Jesus Christ.

# Day 7

## Forgiveness, Boundaries and Reconciliation: Walk in Victory

*I can do all things through  
him who strengthens me.*

**Philippians 4:13 (ESV)**

*I have said these things to you, that in  
me you may have peace. In the world  
you will have tribulation. But take  
heart; I have overcome the world.*

**John 16:33 (ESV)**

*Blessed is the man who remains  
steadfast under trial, for when he  
has stood the test he will receive  
the crown of life, which God has  
promised to those who love him. Let  
no one say when he is tempted, "I  
am being tempted by God," for God  
cannot be tempted with evil, and  
he himself tempts no one. But each  
person is tempted when he is lured  
and enticed by his own desire.*

**James 1:12-14 (ESV)**

In today's activities, we take time to appreciate how victorious our life can be as we walk in healthy patterns of forgiveness, boundary setting, and godly reconciliation in the situations where reconciliation is possible. In all of this, we will have victory in Christ! He is the victorious one, and He tells us we can overcome all things in Him! As we seek God's wisdom so that we can forgive, set healthy boundaries to protect ourselves, and help others grow, we will receive victory. We will have a sound mind and a happy life!

1. Do you believe you will see victory as you walk in healthy love patterns with God's help and wisdom?

2. Are you in union with Jesus Christ? What does that mean for living victoriously?

3. Do you have godly vision for forgiveness, boundaries, and reconciliation?

4. What does it mean to you to be victorious and free when you interact with others?

5. What do you imagine it will be like as you no longer hold onto offenses? Will you accept with grace to care for yourself rather than "fixing" others?

## Prayer

*Thank You, Jesus, for giving me victory in all things! I know, Lord,  
that You empower me to forgive, to set healthy boundaries on  
myself and others, and to always reconcile in the Spirit. Help me to reconcile in the flesh when possible,  
and if it is not possible, I pray  
for Your peace that passes all understanding. Thank You for the  
peace I have with You regardless of what others choose to do.*

## Anchor Yourself in Christ

I AM victorious with Christ.

I AM able to do all things through Christ who is my source of strength.

I AM full of forgiveness and godly reconciliation.

I AM peaceful and free as I live in peace with others to the best of my own ability.

I AM living in healthy love patterns with others.

# Examples of Godly Boundaries to Set

## Emotional Boundaries

- “I will not engage in conversations that are verbally abusive, critical, or demeaning.”
- “I will protect my peace and not explain myself to people who twist my words.”
- “I will not allow others to guilt or manipulate me into saying ‘yes’ when I need to say ‘no.’”

## Time and Energy Boundaries

- “I reserve time each day for rest, prayer, and personal care.”
- “I will not over-commit or serve beyond what God has called me to do.”
- “I can be available to help, but not at the expense of my family or health.”

## Relational Boundaries

- “If someone is disrespectful or dishonest, I will take space until trust can be rebuilt.”
- “I will forgive others, but I won’t allow repeated toxic behavior in my life.”
- “I will not allow ongoing gossip, lying, or slander in my relationships.”

## Spiritual Boundaries

- “I will not compromise my faith to keep peace or gain approval.”
- “I protect my time with God and will not let distractions take over my spiritual life.”
- “I will not tolerate spiritual manipulation or abuse disguised as authority.”

## Sample Boundary Statements

These are gentle yet firm phrases you can use:

- “I’m not comfortable with that.”
- “I need time to pray before making a decision.”
- “I care about you, but I cannot continue this conversation if it turns disrespectful.”
- “This is not a healthy environment for me. I need to take a step back.”
- “I’m not available for that right now.”



# Exercise: Forgive

Forgiveness means creating a new story about what happened – a story that is peaceful and self-empowering.

## Step 1. Do a Forgiveness Inventory

Examine different areas of your life and make a list of all the people you need to forgive (parents, siblings, other family members, friends, former partners, coworkers, employers, government, etc) and the things you need to forgive them for.

You may also include yourself in this list.

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## Step 2. Identify Your Grievance

Select one person from your list and describe your grievance in detail. Describe what happened and your thoughts and feelings about it.

*Be as honest as you can when expressing how you think of what happened and how it has caused you to suffer. Don't censor yourself.*

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### Step 3. Describe Your Grievance Story

Try to deconstruct the story you tell yourself about your grievance.

Answer the following questions:

What aspects of the story have you taken personally?

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Do you blame someone else for how you feel?

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Do you see yourself as a victim?

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### Step 4. Face Your Painful Emotions

All emotions are essential to our well-being and serve a purpose. They give us important feedback about what is happening around us.

What is it that your emotions are trying to tell you about yourself and what happened?

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How can you use that information to take appropriate action?

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Step 5. Consider the Impact of Your Grievance Story

1. How does your grievance story affect various aspects of your life experience? What is it costing you (emotionally, physically, spiritually, socially)?
2. What do you gain from keeping the old story? What benefits do you get if you're to let go of it?

Fill in the table below:

Person you have not forgiven			
Costs of not forgiving	Score	Benefits of forgiving	Score
Total		Total	

Step 6. Find the Gift Although this view may be controversial, especially for people who experienced great trauma, shifting your perspective can offer great healing and personal growth. What did you learn from this experience?

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Step 7. Consider the Good Intention

What positive intention did you or the other person have at the beginning of the situation?

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Step 8. Create a New, Empowering Story

New Story Start with a description of what happened then answer the following prompts:

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Because of this I felt ...

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Because of what happened I believed ...

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I now realize that ...

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