

LOVE OUT LOUD

Day Five – Love That Extends Grace

Scripture: *“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”* – Colossians 3:13 (NIV)

Love isn’t always easy. In fact, sometimes the deepest test of love is found in how we treat those who hurt us. Loving out loud doesn’t mean tolerating abuse, nor does it mean we keep unhealthy people in our circle. But it *does* mean we choose forgiveness — even when it’s undeserved.

There are people who will mistreat us, talk badly about us, or act with selfish and even narcissistic behavior. Their actions can sting deeply. But holding on to bitterness only chains our own hearts. When we forgive, we’re not excusing their actions — we’re releasing ourselves from the weight of their wrongs. Forgiveness is freedom.

And forgiveness doesn’t mean access. You don’t have to keep entertaining people who continually cause harm. Setting boundaries is not unloving — it’s actually a form of wisdom. Jesus Himself often withdrew from crowds and individuals who only wanted to use Him for their own purposes. Yet even in that, He still offered grace.

Loving out loud means we refuse to let bitterness have the final say. We love by releasing, forgiving, and choosing peace. We love by setting healthy boundaries while still praying for the other person’s good. And we love by remembering that God forgave us first — completely and undeservedly.

Reflection:

- Who do I need to forgive so I can release bitterness and walk in freedom?
- Where do I need to set boundaries so my love stays healthy and not enabling?

- How can I reflect God's grace to others, even to those I no longer walk closely with?

Prayer:

“Lord, help me love out loud by extending grace and forgiveness, even when it's hard. Teach me how to set healthy boundaries without closing my heart. Free me from bitterness, and remind me daily of the grace You've poured into my life. Amen.”