

## LOVE OUT LOUD!

### Day Three: Love That Forgives

**Scripture:** *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* — Ephesians 4:32

It’s easy to love when people treat us well. But what about when they hurt us, disappoint us, or let us down? This is where love gets real. Love out loud isn’t just about affection—it’s about forgiveness.

Forgiveness doesn’t mean what happened was okay, nor does it erase the pain. Instead, forgiveness is releasing our right to hold on to bitterness. It’s choosing to love even when it’s not deserved, because that’s what Christ did for us.

The loudest love isn’t always expressed with words—it’s often shown in mercy. When we forgive, we mirror God’s heart. His love forgave us first, and now He invites us to extend that same grace to others.

Think of a backpack filled with heavy stones. Each stone represents anger, hurt, or resentment. The longer we carry it, the heavier it becomes. Forgiveness is like taking those stones out—one by one—until we’re free to walk forward again.

Parents feel this too. Sometimes children say or do things that hurt. Sometimes friendships or marriages feel the sting of sharp words. But love out loud chooses to forgive, not because the hurt wasn’t real, but because holding onto it keeps us from loving fully. Forgiveness isn’t weakness—it’s strength rooted in God’s love.

Forgiveness is hard, but it’s holy. It doesn’t come naturally—it comes supernaturally through the Spirit at work in us. When we forgive, we are not excusing sin; we are entrusting justice and healing into God’s hands.

And forgiveness doesn't mean we have to stay in toxic cycles. Some people treat us badly, manipulate, or display narcissistic behavior that drains our peace. Loving out loud does not mean entertaining unhealthy relationships. It means setting boundaries while still choosing to forgive. You can release the hurt, pray for them, and wish them well—without keeping yourself trapped in their destructive patterns.

True love out loud remembers: forgiven people forgive people.

### **Reflection Questions:**

- Is there someone in my life I need to forgive to love more fully?
- Am I carrying “stones” of resentment that are weighing me down?
- How has God's forgiveness of me opened the door for me to forgive others?

### **Prayer:**

Lord, thank You for forgiving me more times than I can count. Help me to extend that same grace to others. Give me the courage to release bitterness, the humility to let go of my pride, and the strength to love through forgiveness. May my life reflect the mercy You've shown me. In Jesus Name We Pray, Amen.