



grace

5 DAY DEVOTIONAL

Grace And Forgiveness

OVERVIEW

This five-day devotional invites you to move slowly from worshiping God for who He is, to receiving His love personally, and then to living that love out in repentance and forgiveness. Each day builds on the last—helping you notice where you’ve been wounded, where you’ve wounded others, and how God heals what your heart and mind cannot simply “will” into change.

SCAN THE QR CODE
TO VIEW THE SERMON



☎ 203-637-3669
✉ office@livinghopect.org
📍 38 West End Ave
Old Greenwich, CT 06870

01 Psalm 104:1-2

02 Zephaniah 3:17

03 1 John 4:19

04 2 Corinthians 7:10

05 Romans 13:10

DAY 1

PSALM 104:1-2

Worship is more than singing; it's a re-centering of the soul on what is true when life feels chaotic or when old pain gets triggered. The sermon kept returning to the greatness and holiness of God—"the One who was and is and is to come"—because awe helps shrink our fear and soften our clenched defenses. When you begin with God's majesty, you're not ignoring what happened to you; you're placing it before Someone bigger than what harmed you.

Today, begin by letting God's greatness steady you. When you feel wronged, the body often reacts before the mind can catch up—anger rises, justice demands, and memories flare. Worship doesn't erase those reactions, but it creates space for God to meet you in them, reminding you that your worth is not decided by what others did to you or what you did in response.

- Where do you feel most unstable or reactive right now—emotionally, relationally, or spiritually?
- What part of God's character (His power, wisdom, love, holiness) do you most need to linger on today?
- Name one situation where your heart has been "tight" toward God or others; what would it look like to bring that tightness into worship?
- Set aside 5 minutes today to speak praise out loud, even if you don't feel it—what shifts in your body or thoughts?
- Who could you encourage this week by reminding them of God's greatness rather than only focusing on the problem?

DAY 2

ZEPHANIAH 3:17

One of the most freeing moments in the sermon was the reminder that God's posture toward His children is not merely toleration but delight. Many believers approach God primarily to be searched and corrected, and while repentance matters, it can become a cycle where you stay at the center—counting failures, managing shame, and trying harder. The sermon pressed a different starting point: come into God's presence to be loved.

Being “quieted” by God's love is not denial; it is healing. When you have been wronged, your brain stores the experience, and triggers can pull you back into fear or rage in an instant. Receiving God's delight becomes an opposite experience that reshapes what your heart expects—over time—so you can respond from security instead of survival.

- When you imagine God looking at you today, what expression do you picture—and why?
- What is one way shame has shaped your spiritual habits (prayer, worship, confession, relationships)?
- Write one sentence you believe God might be saying to you that sounds like delight rather than disappointment.
- What “trigger” tends to hijack your reactions most often, and how might God meet you right there with steady love?
- Choose one simple practice today (a slow breath prayer, a worship song, a short walk) to notice God's presence instead of trying to earn it.

DAY 3

1 JOHN 4:19

The sermon's heartbeat was this: you don't generate Christian love by effort; you live it because you have first been loved. That reframes the whole day. Instead of waking up with the burden of "don't mess up," you wake up to a relationship where God is already present, already loving, already inviting you to receive. Love becomes response, not performance.

This also changes how you view healing and transformation. If some reactions are stored deep in your relational memory, then growth often happens as you repeatedly experience God's love in the very places you usually feel threatened, rejected, or unseen. The goal is not perfection by willpower, but a life increasingly shaped by the steady reality of being loved first.

- What does it look like, practically, for you to "come and be loved" by God before you face your day?
- Where do you most often try to prove your worth—at home, work, church, or internally?
- Identify one person you interact with regularly; how might being loved by God change how you show up with them?
- What would be different this week if your main question each day was, "Who can I love as Jesus has loved me?"
- Name one lie you're tempted to believe when you fail; replace it with the truth that love begins with God's initiative.

DAY 4

2 CORINTHIANS 7:10

The sermon didn't treat repentance as a vague apology or a quick spiritual reset; it described repentance as taking responsibility in a way that protects others from future harm. Godly sorrow is not self-hatred and it is not excuse-making. It is the honest recognition: what I did was wrong, it harmed you, and with God's help I will do whatever it takes to change.

That kind of repentance is part of healing relationships because it rebuilds trust through truth. It also keeps forgiveness from being cheapened into "just get over it." When you are the wrongdoer, repentance honors the other person's experience; when you are the wronged, true repentance from the other person can begin to untangle the stored pain. Either way, repentance becomes a pathway where love tells the truth and chooses repair.

- Is there a relationship where you need to move from vague regret to clear responsibility? What specifically happened?
- What is one sentence of ownership you could say without defending yourself or blaming the other person?
- What would "whatever it takes" realistically mean—counseling, accountability, boundaries, restitution, new habits?
- If you fear facing what you've done, what do you think you're afraid of losing (image, control, comfort)?
- Take one concrete step today toward repair: a request for a conversation, a written apology, or inviting accountability.

DAY 5

ROMANS 13:10

Forgiveness was treated in the sermon as both deeply costly and deeply freeing —“paid in full” and “released,” even though the debt was real. That tension matters: forgiveness does not pretend harm didn’t happen, and it doesn’t always remove consequences or immediately restore trust. It is a decision—often repeated—to refuse to repay evil with evil, and to entrust ultimate justice to God while seeking what love requires today.

Love doing “no harm” is not passive. Sometimes it looks like blessing and praying for an enemy; sometimes it looks like setting wise boundaries that prevent future damage. As you live from being loved by God, you can begin practicing forgiveness as an act of strength: telling the truth about the wound, refusing revenge, asking God to heal what’s stored in you, and choosing responses that align with Christ’s way.

- Who comes to mind when you think of an unpaid “debt” against you, and what has it cost you?
- What is the difference, in your situation, between forgiveness and reconciliation—and which is God inviting you toward right now?
- Where might love require a boundary so that “no harm” is done going forward?
- What is one way you can actively bless (pray, do good, speak truth without malice) someone difficult this week?
- Ask God to show you one next step: release revenge, pursue a hard conversation, seek counsel, or practice patience as healing unfolds.



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THANK YOU

For Completing Our
5 Day Devotional

The sermon preached by Mark Fee of First Loved Ministries, gives a practical picture of repentance that rebuilds trust: naming the wrong without excuses, showing heartfelt sorrow for the impact, and committing “with God’s help” to do whatever it takes to change and protect the other person from future harm.

The takeaway is that everyone has been both hurt and hurtful, and the way forward is not shame or denial, but receiving God’s love, practicing honest repentance, and extending costly forgiveness—so relationships, churches, and hearts can be healed.

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