PILLOW TALK
COMPANION GUIDE

Chapter 3 | Forgiveness Talk

Key Takeaway

Forgiveness is a choice, not a feeling. It doesn't excuse what happened it releases the power the offense has over you, opening the door to healing and freedom.

Lesson Summary

Every marriage will experience hurt, disappointment, and offense. Forgiveness doesn't erase what happened or make it okay—it releases the hurt into God's hands so healing can begin. Sometimes forgiveness is a single decision; other times, it's a choice we make again and again. As we let go of offense and trust God with the outcome, we make room for greater freedom, healing, and restoration. **As we choose forgiveness, God can take the broken pieces of our lives and create something beautiful.**

Discuss Together

1) Is there an offense you find yourself replaying or bringing into your relationship?
2) How could choosing forgiveness today change the future of your marriage?
3)What's one step you can take toward releasing an offense to God?

Put into Practice

Is there an offense that needs to be released in your marriage? Choose forgiveness and take one step toward healing together.