

Episode 3 Reflection Guide

Forgiveness After Trauma: Why Should I, How Could I, How?

Take a few moments to reflect on this episode. You may want to write your thoughts, pray about them, or discuss them with someone you trust.

- What emotions come to mind when you think about the idea of forgiveness?
- Why do you think forgiveness can be one of the most difficult commandments to live?
- How might forgiveness benefit the person offering it, even when it feels impossible?
- What role does faith play when trying to forgive something deeply painful?
- What small step toward healing or forgiveness might be possible for you right now?
- What support systems or spiritual practices help you process difficult experiences?

Closing Scripture

Matthew 11:28 — Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Continue the Conversation

If this reflection guide helped you, consider sharing this episode with someone who might need encouragement today.

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