

# **FORGIVENESS AFTER BETRAYAL**

## **When Trust Has Been Broken**

Divine Grace Coaching

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### **First, Let's Acknowledge the Hurt**

Betrayal cuts deeply.

Whether the betrayal involved infidelity, dishonesty, broken promises, secrecy, or another breach of trust, the pain can leave you questioning everything you thought was secure.

If you are walking through betrayal, know this:

Your pain is real.

Your grief is valid.

Your healing matters.

And with God's help, healing is possible.

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## **WHAT FORGIVENESS IS NOT**

Many people struggle with forgiveness because they misunderstand what it means.

Forgiveness is not:

- Pretending the hurt never happened
- Excusing sinful behavior
- Ignoring consequences
- Instantly restoring trust
- Allowing continued mistreatment
- Rushing your healing process

Forgiveness does not erase what happened.

It simply releases your right to seek revenge and places justice in God's hands.

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## **WHAT FORGIVENESS IS**

Forgiveness is a decision to surrender bitterness and resentment to God.

It is choosing freedom over bondage.

It is choosing not to allow someone else's actions to control your future.

Forgiveness is often a process, not a one-time event.

Sometimes we choose forgiveness repeatedly as God continues healing our hearts.

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## **FORGIVENESS AND RECONCILIATION ARE DIFFERENT**

One of the most important truths to understand is this:

Forgiveness can happen without reconciliation.

Reconciliation requires:

- Genuine repentance
- Honesty
- Accountability
- Consistency
- Rebuilt trust over time

Forgiveness is your decision.

Reconciliation requires participation from both people.

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## **WHAT HEALING MAY LOOK LIKE**

Healing often includes:

- Grieving what was lost
- Processing difficult emotions
- Setting healthy boundaries
- Seeking wise support
- Rebuilding trust gradually
- Learning to communicate honestly

Healing is rarely quick.

Give yourself permission to heal at a healthy pace.

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## **QUESTIONS FOR REFLECTION**

- What emotions am I carrying that I need to bring before God?
  - What am I struggling to release?
  - What would healing look like for me?
  - What boundaries need to be established moving forward?
  - Where do I need God's help today?
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## **SCRIPTURE FOR ENCOURAGEMENT**

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Ephesians 4:32

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## **THIS WEEK'S CHALLENGE**

- ✓ Spend time honestly talking with God about your hurt.
- ✓ Write down what you are grieving.
- ✓ Identify one step toward healing you can take this week.

✓ Pray for wisdom, discernment, and strength.

✓ Remember that healing is a journey, not a race.

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## **A FINAL REMINDER**

Forgiveness does not mean what happened was acceptable.

Forgiveness means you are choosing not to let the betrayal define your future.

With God's help, healing is possible.

Trust can sometimes be rebuilt.

Hope can be restored.

And even in the deepest pain, God is able to bring redemption and growth.

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Guiding Couples With Grace