Addicted to Revenge: Learning to Forgive



Discover how to break free from the grip of revenge through God's forgiveness, healing your heart and restoring peace in your life.





Table of contents

<u>Introduction</u>	3
<u>Day 1: Recognizing the Desire for Revenge</u>	4
Day 2: The Cost of Holding Grudges	10
Day 3: SEmbracing God's Forgiveness	16
Day 4: Q Letting Go of the Need for Payback	22
Day 5: Breaking Free Through God's Strength	28
Day 6: B Experiencing Healing and Freedom	34
Day 7: Living Transformed, Sharing Forgiveness	40







Introduction

Welcome to this transformative 7-day Bible study on addiction to revenge and the path to forgiveness. Many of us have faced hurt and betrayal that stir a deep desire to retaliate. Holding onto the need for payback can feel like an addiction—consuming our thoughts, twisting our emotions, and poisoning our relationships. *But God calls us to a higher way: forgiveness.* Forgiving those who've wronged us is neither easy nor instant; it's a journey that requires grace, courage, and God's power.

Through the Scriptures we will explore this week, you'll learn that forgiveness is not about excusing hurtful actions or forgetting pain but about releasing yourself from the chains of bitterness and resentment. **Revenge keeps wounds open; forgiveness invites healing.** The Bible reassures us that God's justice ultimately prevails, so we don't need to carry the burden of retaliation.

Each day you will read key verses, reflect on devotional insights, and engage with thought-provoking questions and journaling prompts designed to help you uncover and confront any desire for revenge in your heart. As you surrender those desires to God, you will encounter His peace, experience freedom, and grow deeper in your faith.

Remember, forgiveness is a process, and God's grace is sufficient at every step. We hope this study encourages you to step away from the harmful cycle of payback and move toward wholeness and restoration in Christ.















Your Verse

Romans 12:19 – "Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."

Supporting Scriptures

- Matthew 5:44 "But I tell you, love your enemies and pray for those who persecute you."
- Proverbs 20:22 "Do not say, 'I'll pay you back for this wrong!" Wait for the Lord, and he will avenge you."







Devotional: Understanding Why Revenge Tempts Us

Revenge is a natural human reaction when we feel hurt, betrayed, or wronged. It promises satisfaction, justice, or control. But beneath these feelings often lies a deeper pain and a desire to protect ourselves from further harm.

In Romans 12:19, Paul reminds us that vengeance belongs to God, not us. When we try to exact revenge, we step into God's role and risk becoming consumed by bitterness and anger. This desire can become addictive—a cycle that keeps the wound fresh and prevents healing.

Choosing not to take revenge does not mean allowing injustice to continue unchecked. It means trusting God's perfect justice and timing. It frees us to focus on healing rather than hurting. The command to love our enemies (Matthew 5:44) challenges us to break the cycle of payback and instead respond with grace.

Today, begin by honestly acknowledging your thoughts about revenge. Recognizing the temptation is the first step toward surrendering it to God.







Reflect and Apply

1.	What pain or hurt in your life tempts you toward revenge?
	How do you feel when you think about forgiving someone who wronged you?
	In what ways might holding onto revenge be hurting you more than the person you want to punish?







Journaling Prompts

	Write about a situation where you desired revenge. What emotions did you experience?
	List the reasons you think you want to seek payback. Are there unmet needs behind this desire?
3.	Reflect on what it means to trust God's justice instead of your own.







Prayer for Today

Lord, help me see the pain behind my desire for revenge. Teach me to surrender these feelings and trust in Your perfect justice. Give me strength to release bitterness and walk the path of forgiveness. Heal my heart and renew my spirit. *Thank You for Your grace when I find this journey hard.* In Jesus' name, Amen.

















Your Verse

Ephesians 4:31–32 – "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- Hebrews 12:15 "See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many."
- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."







Devotional: How Bitterness Wounds Us Deeply

Bitterness and grudges can take root in our hearts, silently poisoning our emotional and spiritual lives. Holding onto anger and resentment may feel justified, but over time, these feelings entrap us in a cycle of pain and alienation.

Ephesians 4:31–32 challenges us to remove malicious attitudes and to forgive just as God forgave us through Christ. Forgiveness isn't just an act toward others; it's a release that benefits our own souls. Bitterness hardens the heart and can infect relationships, health, and joy.

Notice the warning in Hebrews 12:15 about a 'bitter root'—if left unchecked, bitterness can grow into deeper problems that affect you and those around you. Yet God is always near to the brokenhearted (Psalm 34:18). His presence offers healing and hope.

Today, reflect on any grudges or bitterness still lodged in your heart. Ask God to reveal the hidden wounds they shield and to begin the work of healing as you prepare to forgive.







Reflect and Apply

	Can you identify any bitterness or grudges that have affected your wellbeing?
	In what ways has holding onto resentment impacted your relationships or peace?
3.	How might forgiving others open the door to your healing?







Journaling Prompts

1.	Write about how bitterness has shown up in your life and what it feels like.
2.	Describe how forgiveness could change your current situation or feelings
3.	Ask God to show you any hidden bitterness you may be holding onto.







Prayer for Today

Father, I confess the bitterness in my heart. I ask You to soften my spirit and help me let go of anger and resentment. Surround me with Your love and bring healing where there is brokenness. Teach me kindness and compassion so I can forgive as You forgive me. *Thank You for Your unfailing grace.* In Jesus' name, Amen.







Day 3: W Embracing God's Forgiveness









Day 3: W Embracing God's Forgiveness

Your Verse

Colossians 3:13 – "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Supporting Scriptures

- Matthew 6:14–15 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."







Day 3: W Embracing God's Forgiveness

Devotional: Receiving Forgiveness to Give Forgiveness

Understanding and receiving God's forgiveness is essential before we can truly forgive others. Colossians 3:13 calls believers to forgive as the Lord has forgiven us—completely and freely. This divine example sets the standard for forgiveness that breaks the addiction to seeking payback.

Jesus' teaching in Matthew 6:14-15 highlights the connection between forgiving others and being forgiven ourselves. Forgiveness is not optional; it's intertwined with our relationship with God.

The imagery in Psalm 103:12 of God removing our sins "as far as the east is from the west" reveals the totality of His grace. God's forgiveness is infinite and unconditional, inviting us to extend the same mercy to those who have hurt us.

Take time today to meditate on the forgiveness God has granted you. Let His grace transform your heart and empower you to forgive others, breaking free from the cycle of resentment and revenge.







Day 3: 🖏 Embracing God's Forgiveness

Reflect and Apply

How does knowing God's forgiveness affect your view of forgiveness toward others?
What fears or obstacles do you face when you think about forgiving someone who hurt you?
In what ways can God's mercy empower you to release your desire for revenge?







Day 3: 🖏 Embracing God's Forgiveness

Journaling Prompts

	Reflect on a time you experienced God's forgiveness. How did it change you?
2.	Write a letter (not necessarily to send) forgiving someone who hurt you.
3.	Describe what forgiveness feels like or could feel like in your heart.







Day 3: Tembracing God's Forgiveness

Prayer for Today

Lord, thank You for Your boundless forgiveness. Help me to grasp the depth of Your mercy so that I may forgive those who have wronged me. Remove any barriers in my heart that hold onto pain or grudges. Fill me with Your love and grace, that I may walk in freedom and peace. In Jesus' precious name, Amen.









Day 4: Q Letting Go of the Need for Payback









Day 4: V Letting Go of the Need for Payback

Your Verse

Luke 6:27-28 - "But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."

Supporting Scriptures

- Romans 12:20 "If your enemy is hungry, feed him; if he is thirsty, give him something to drink."
- Proverbs 24:17 "Do not gloat when your enemy falls; when they stumble, do not let your heart rejoice."







Day 4: O Letting Go of the Need for Payback

Devotional: Choosing Love Over Revenge

One of the hardest parts of overcoming an addiction to revenge is choosing to love those who hurt us instead of seeking payback. Jesus sets a revolutionary standard in Luke 6:27–28, calling us to bless, love, and pray for enemies—those who would often be unthinkable to love.

Romans 12:20 encourages us to actively care for our enemies, showing kindness instead of retaliation. This radical love dismantles the desire to repay evil with evil.

Proverbs 24:17 warns against rejoicing in the misfortunes of our enemies, which often accompanies a spirit of revenge. Holding onto such feelings only corrupts our hearts further. Instead, let your heart be healed by God's love, and allow it to overflow in compassion.

Today, deliberately ask God to help you replace anger and hurt with love and kindness—even toward those you struggle with the most.







Day 4: V Letting Go of the Need for Payback

Reflect and Apply

1.	How difficult is it for you to love or pray for someone who has wronged you?
2.	What practical steps can you take to show kindness instead of seeking revenge?
3.	How might loving your enemies change your perspective and your heart?







Day 4: V Letting Go of the Need for Payback

Journaling Prompts

	Write about your feelings toward an enemy or someone you are tempted to seek revenge on.
2.	List ways you can 'love your enemies' in real, tangible actions.
3.	Pray and journal about releasing resentment and embracing compassion.







Day 4: O Letting Go of the Need for Payback

Prayer for Today

Jesus, teach me to love as You love. Help me to bless and pray for those who've hurt me, even when it feels impossible. Replace my desire for payback with compassion and grace. Heal my heart so it can reflect Your limitless love to everyone around me. In Your name, Amen. \heartsuit \diamondsuit \diamondsuit







Day 5: Breaking Free Through God's Strength









Day 5: A Breaking Free Through God's Strength

Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 5: A Breaking Free Through God's Strength

Devotional: Finding Strength to Forgive and Let Go

Overcoming the impulse for revenge and embracing forgiveness can feel overwhelming, but God equips us with the strength we need. Philippians 4:13 reminds us that our ability to endure and forgive comes through Christ's power, not our own.

God's Spirit gifts us with power, love, and self-discipline (2 Timothy 1:7)—all essential tools in breaking free from the stubborn grip of resentment and desire for payback.

When hurt weighs heavily, remember Psalm 46:1: God is your refuge and strength—a safe place where you can find help and courage. It's not about ignoring pain but entrusting it to God's sustaining grace.

Today, lean into His strength through prayer and trust, knowing that forgiveness is possible with God's help, even when it seems beyond reach.







Day 5: Preaking Free Through God's Strength

Reflect and Apply

1.	When have you felt unable to forgive without God's help?
	How does knowing that God empowers you change your approach to forgiveness?
	What practical ways can you rely on God's strength in moments of struggle with revenge?







Day 5: Preaking Free Through God's Strength

Journaling Prompts

1.	Write about a time God gave you strength to overcome a difficult emotion or situation.
2.	Describe how you can invite God into your conflict or pain today.
3.	Pray for God's power to help you forgive and let go of payback.







Day 5: Breaking Free Through God's Strength

Prayer for Today

Lord, I need Your strength today. Forgiving feels hard, but I trust You to empower me. Fill me with Your Spirit's power, love, and self-control. Be my refuge when I'm weak and give me courage to let go of revenge. Thank You that through You, I can do all things. In Jesus' name, Amen.















Day 6: BEXPERIENCING Healing and Freedom

Your Verse

Isaiah 61:1 - "The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor... to set the oppressed free."

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."







Devotional: God's Healing Power Restores Freedom

Forgiveness opens the door to profound healing and freedom. Isaiah 61:1 speaks of the anointing to proclaim freedom to the oppressed, a promise fulfilled in Jesus Christ.

When we allow Jesus to set us free from the addiction to revenge, we experience true freedom (John 8:36). This freedom is not just from our feelings but from the spiritual bondage that resentment creates.

Psalm 147:3 assures us that God heals the brokenhearted and tends to our wounds. Forgiving is often the catalyst God uses to begin deep healing in our lives.

Today, embrace the healing Jesus offers. Reflect on areas where forgiveness has brought or can bring restoration and peace.







Reflect and Apply

	Where do you need healing from past wounds related to revenge or betrayal?
2.	What does freedom in Christ look like to you personally?
	How might forgiveness be the key to unlocking new healing in your heart?







Journaling Prompts

1.	Describe what you imagine freedom from revenge addiction feels like.
2.	Write about a time you experienced God healing a broken part of you.
3.	Pray and journal your desire for freedom and healing today.







Prayer for Today

Jesus, thank You for setting me free. Heal the broken areas in my heart caused by hurt and revenge. Help me walk in the freedom You purchased with Your blood. Restore my soul and fill me with peace and hope. Amen. 😂 💝 🎓















Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- Luke 17:3-4 "If your brother or sister sins against you, rebuke them; and if they repent, forgive them."
- 2 Corinthians 5:18 "All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation."







Devotional: Extending Forgiveness and Reconciliation

Forgiveness transforms us and calls us to be agents of peace and reconciliation. Ephesians 4:32 reminds us to forgive as we have been forgiven, grounding our relationships in kindness and compassion.

Luke 17:3-4 teaches the importance of forgiving repeatedly, even in ongoing relationships that may face challenges. Forgiveness is a continual practice, not a one-time action.

We are given the ministry of reconciliation (2 Corinthians 5:18), inviting us to help restore broken relationships and share God's healing love with others. Living transformed means walking daily in forgiveness and extending grace to those around us.

Today, consider ways you can live out forgiveness actively and minister reconciliation in your spheres of influence.







Reflect and Apply

1.	How can forgiveness change the way you interact with others daily?
	What are some practical ways you can be a peacemaker in your relationships?
	How does embracing a ministry of reconciliation align with your faith journey?







Journaling Prompts

	Write about a relationship that could benefit from your forgiveness or reconciliation.
	List ways you can show kindness and compassion in challenging situations.
3.	Pray for courage and wisdom to live out forgiveness in your community.







Prayer for Today

God, transform me into a person of forgiveness and peace. Use me to bring reconciliation where there is division. Help me to be kind, compassionate, and patient, reflecting Your love to those around me. Empower me to forgive repeatedly and to share Your grace generously. In Jesus' name, Amen. **







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others.

ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.