Embracing Forgiveness and Gratitude: Lessons from the Gospels



Explore Jesus' encounter with a sinful woman to understand forgiveness, gratitude, and humility over seven inspiring days.





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Introduction

Welcome to this transformative 7-day Bible study on the Gospels, centered on Jesus' encounter with the sinful woman in *Luke 7:36–50*. This passage beautifully illustrates the depths of *forgiveness*, the heights of *gratitude*, and the power of *humility*. Over the next week, we will dive deeply into the Gospel narratives that showcase the heart of Jesus and learn how His grace can transform our own lives.

In this story, Jesus is anointed by a woman known for her sinful past. Despite her reputation, she approaches Jesus with reverence, washing His feet with her tears and anointing them with precious perfume. This act surprises Simon, the Pharisee hosting Jesus, who harbors judgment. Jesus contrasts Simon's lack of hospitality with the woman's overflowing love, teaching that those who have been forgiven much love much.

Throughout the Gospels, we witness many moments where Jesus extends grace to those society has rejected. This study will help you reflect on your own understanding of forgiveness, challenge you to respond with gratitude, and inspire you to walk in humility. Whether you are familiar with this story or encountering it anew, you will find fresh insights to apply in your daily life.

Each day will highlight a specific Gospel passage, related Scriptures, and a devotional reflection with questions and journaling prompts to deepen your engagement. May this journey invite you to let go of condemnation, embrace God's mercy, and live a life marked by thankful, humble love.

















Your Verse

Luke 7:36–38 NIV – "A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house..."

Supporting Scriptures

- John 8:10-11 "Jesus straightened up and asked her, 'Woman, where are they? Has no one condemned you?""
- Matthew 9:10-13 "Jesus called his disciples to him and said, 'It is not the healthy who need a doctor..."







Devotional: The Grace That Welcomes All

Jesus Welcomes the Outcast. In Luke 7, the story begins with a woman who is known for her sinful past boldly approaching Jesus. Despite societal rejection and the risk of public disgrace, she seeks Jesus with tears and perfume, anointing His feet. Jesus' willingness to welcome her reminds us that no one is beyond the grace and love of God.

Simon the Pharisee's judgment reveals how easily we can fall into condemning others instead of extending grace. Jesus teaches that true forgiveness requires recognizing our own need for mercy. This story calls us to reflect: Who might we be excluding or judging? How can we imitate Jesus' heart of welcome?

As you meditate today, imagine Jesus looking at you with compassion, inviting you to step into His grace—no matter your past. Consider how grace transforms exclusion into inclusion and shame into honor.







Reflect and Apply

	How does Jesus' acceptance of the sinful woman challenge your own attitudes about others?
2.	In what areas of your life do you need to receive God's grace more fully?
3.	Are there people you find difficult to forgive or welcome? Why?







Journaling Prompts

1.	Write about a time you felt excluded and how God's grace reached you.
2.	List ways you can practice extending grace in your relationships.
3.	Reflect on how Jesus' acceptance frees you from condemnation.







Prayer for Today

Lord Jesus, thank You for welcoming all who come to You, no matter their past. Help me to receive Your grace deeply and extend it freely to others. Soften my heart toward those I might judge and teach me to see people as You do — with compassion and love. May I walk humbly, always remembering my own need for forgiveness. *Amen.* \bigwedge







Day 2: Tears of Repentance and Love









Day 2: O Tears of Repentance and Love

Your Verse

Luke 7:38 NIV – "She stood behind him at his feet weeping, and began to wet his feet with her tears."

Supporting Scriptures

- Psalm 51:17 "The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."
- 2 Corinthians 7:10 "Godly sorrow brings repentance that leads to salvation and leaves no regret."







Day 2: O Tears of Repentance and Love

Devotional: Embracing Repentance Through Tears

Tears as a true expression of repentance and love. The woman's tears in Luke 7 reveal a deep sorrow for sin but also a profound love for Jesus, showing how repentance flows from the heart. Her emotional display contrasts with Simon's cold hospitality, illustrating that forgiveness often leads to heartfelt worship.

Tears are not a sign of weakness, but a powerful symbol of God's work in the soul—breaking pride and stirring love. King David's plea in Psalm 51 shows that God values a sincere, humble heart over rituals. Paul reminds us that godly sorrow brings about true repentance and new life.

Today, reflect on your own experiences of repentance. How has God's forgiveness stirred love in your heart? Allow yourself to be vulnerable before the Lord, knowing that He meets your tears with mercy and healing.







Day 2: 👌 Tears of Repentance and Love

Reflect and Apply

1.	What role do emotions play in your spiritual life?
2.	How does genuine repentance affect your relationship with God?
3.	In what ways can vulnerability lead to deeper intimacy with Jesus?







Day 2: 👌 Tears of Repentance and Love

Journaling Prompts

1.	Describe a moment when your heart was broken before God.
2.	Write about how God has turned your repentance into gratitude.
3.	Pray through any emotions you find hard to express.







Day 2: 👌 Tears of Repentance and Love

Prayer for Today

Dear Lord, thank You for seeing my heart and welcoming my tears. Help me to be honest before You in repentance and open to the transforming power of Your love. May my sorrow lead me closer to You, deepening my gratitude. Strengthen me to walk humbly each day. *In Jesus' name, Amen.* \Diamond \heartsuit \curlywedge









Day 3: **B** Humility in Action









Day 3: **//** Humility in Action

Your Verse

Luke 7:44 NIV – "You did not put oil on my head, but she has poured perfume on my feet."

Supporting Scriptures

- Philippians 2:3 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."
- James 4:6 "God opposes the proud but shows favor to the humble."







Day 3: // Humility in Action

Devotional: Living Out Humility Through Love

Humility displayed through simple acts of love. The sinful woman did not seek recognition; she humbled herself, washing Jesus' feet with perfume and tears. In contrast, Simon's pride blinded him to the hospitality due his guest. Jesus highlights that true humility expresses itself in love and selflessness.

Paul encourages believers to imitate Christ's humility by putting others first, while James warns against pride that shuts us off from God's favor. The woman's actions show that humility is more than an attitude—it's a posture of the heart made visible through our deeds.

Consider how humility is reflected in your relationships and daily walk. Are there ways pride may be hindering your love for God or others? Let this story challenge and inspire you to embody humility in practical ways.







Day 3: 💋 Humility in Action

Reflect and Apply

1.	How does pride affect your relationship with God and others?
2.	What acts of humility can you offer today?
3.	How does Jesus' example reshape your understanding of greatness?







Day 3: 💋 Humility in Action

Journaling Prompts

1.	Recall a moment when humility led to growth in your faith.
2.	Write about a situation where you can choose humility instead of pride.
3.	Pray for help to value others above yourself.







Day 3: **/** Humility in Action

Prayer for Today

Heavenly Father, teach me humility like the woman who honored Jesus so simply. Help me to lay aside pride and serve others with a loving heart. May my actions reflect Christ's servant heart, and may I find favor in Your sight as I walk humbly each day. *Amen.* \$\mathcal{B}\$ \$\infty\$ \$\lambda\$

















Day 4: 6 Forgiveness That Sets Free

Your Verse

Luke 7:48 NIV - "Your sins are forgiven."

Supporting Scriptures

- Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
- Colossians 3:13 "Forgive as the Lord forgave you."







Day 4: 6 Forgiveness That Sets Free

Devotional: The Freedom of Forgiveness

Jesus' words 'Your sins are forgiven' bring freedom and new life. Forgiveness breaks chains of guilt and shame, opening hearts to love and service. The woman's actions show how forgiveness ignites gratitude that overflows in worship and devotion.

Paul encourages believers to forgive generously, modeling the mercy God has shown us. Forgiveness is not always easy—it requires releasing hurt and trusting God's justice. Yet through Christ, forgiveness becomes a powerful gift that restores and renews.

Take time today to reflect on God's forgiveness in your life. Are you holding onto any unforgiveness? What steps can you take to extend God's grace to others and find your own freedom?







Day 4: 🖰 Forgiveness That Sets Free

Reflect and Apply

1.	What does forgiveness mean personally to you?
2.	Are there any grudges or hurts you need to release?
3.	How can embracing forgiveness change your outlook on life?







Day 4: 6 Forgiveness That Sets Free

Journaling Prompts

1.	Write about how forgiveness has impacted your life.
2.	List people you may need to forgive and pray over them.
3.	Reflect on God's forgiveness and how it motivates you.







Day 4: 6 Forgiveness That Sets Free

Prayer for Today

Lord, thank You for the gift of forgiveness that sets me free. Help me to forgive others as You have forgiven me. Heal any wounds of bitterness or resentment, and fill me with Your peace. May I live as a witness to Your mercy every day. *Amen.* • • • • •

















Day 5: 💮 Grateful Love in Response

Your Verse

Luke 7:47 NIV – "Therefore, I tell you, her many sins have been forgiven—as her great love has shown."

Supporting Scriptures

- 2 Corinthians 5:14 "Christ's love compels us..."
- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise."







Day 5: 🛞 Grateful Love in Response

Devotional: Love that Flows from Gratitude

Gratitude flows from recognizing the vastness of grace. Jesus links forgiveness directly with the woman's great love, showing that love responds to mercy. When we truly grasp what God has done for us, our natural reaction is deep thankfulness expressed in worship and service.

Paul writes that Christ's love compels us to live differently, motivated by what we have received. The Psalms encourage entering God's presence with thanksgiving, which nurtures a spirit of joy and generosity.

Reflect today on the connection between gratitude and love in your life. How does thankfulness shape your relationship with Jesus? Let your heart be stirred to respond with acts of love and praise, rejoicing in God's mercy.







Day 5: 💮 Grateful Love in Response

Reflect and Apply

1.	How do you express gratitude toward God daily?
2.	What role does love play in your worship and service?
3.	How might deepening gratitude transform your faith journey?







Day 5: 💮 Grateful Love in Response

Journaling Prompts

1.	List blessings that fill you with gratitude.
2.	Write about ways you can show love as a response to God's grace.
3.	Pray a prayer of thanksgiving for forgiveness and new life.







Day 5: 🛞 Grateful Love in Response

Prayer for Today

Gracious God, fill my heart with gratitude for Your incredible love. May my life be a reflection of thankfulness that overflows into loving actions. Teach me to worship You with a joyful spirit and serve others with a full heart. Thank You, Lord. *Amen.* 🐑 💙 🙏









Day 6: W Hospitality and Service









Day 6: 🖰 Hospitality and Service

Your Verse

Luke 7:45 NIV – "You did not put oil on my head, but she has poured perfume on my feet."

Supporting Scriptures

- Romans 12:13 "Share with the Lord's people who are in need. Practice hospitality."
- Hebrews 13:2 "Do not forget to show hospitality to strangers..."







Day 6: Mospitality and Service

Devotional: Serving with a Hospitable Heart

Hospitality as an expression of humility and love. The woman's act of anointing Jesus' feet was both intimate and sacrificial. Simon's failure to provide customary hospitality starkly contrasts her devotion.

Paul instructs believers to share generously and practice hospitality, while Hebrews reminds us not to neglect welcoming others, sometimes even strangers. Hospitality breaks barriers, builds community, and reflects God's kingdom values.

Consider how your life reflects hospitality—not just in your home, but in your heart and attitude toward others. How can you be more intentional in showing love through serving and welcoming people around you?







Day 6: (the Hospitality and Service

Reflect and Apply

1.	How do you practice hospitality in everyday life?
2.	What barriers hinder you from serving others openly?
3.	How can humility influence your willingness to serve?







Day 6: (**) Hospitality and Service

Journaling Prompts

1.	Write about a memorable experience of giving or receiving hospitality.
2.	List practical ways to show hospitality and kindness this week.
3.	Pray for a heart that eagerly serves and welcomes others.







Day 6: (**) Hospitality and Service

Prayer for Today

Lord, cultivate in me a heart of hospitality and service. Help me to welcome others as You welcome me, with love and humility. May I serve selflessly and create space for others to experience Your love through my actions. *Amen.* 💭



















Your Verse

Luke 7:50 NIV - "Your faith has saved you; go in peace."

Supporting Scriptures

- Galatians 2:20 "The life I now live in the body, I live by faith in the Son of God..."
- Ephesians 2:8-9 "For it is by grace you have been saved, through faith..."







Devotional: Faith That Brings Peace and Purpose

Faith that transforms and brings peace. Jesus' declaration to the woman not only assures her forgiveness but commissions her to live in peace. Faith is the foundation of the Gospel message—a trust in Jesus that shapes every part of life.

Paul explains that we live by faith in Christ, empowered to live new lives marked by grace and freedom. Salvation is a gift received by faith, leading to a peaceful, purpose-filled walk with God.

Today, reflect on your own faith journey. How is your faith shaping your daily life? What peace has Jesus granted you? Embrace the call to go forth, living out the Gospel through love, humility, and gratitude.







Reflect and Apply

1.	What does living by faith look like in your current season?
2.	How have you experienced peace through Jesus' forgiveness?
3.	How can your life reflect the Gospel to others?







Journaling Prompts

1.	Write about the ways your faith has changed your life.
2.	Describe moments when you've felt God's peace deeply.
3.	Commit to a specific way to live out the Gospel this week.







Prayer for Today

Jesus, thank You for the gift of faith that saves and brings peace. Empower me to live boldly and humbly in Your love, sharing Your grace with those around me. May my life be a testimony of Your transforming power. Amen. 💸 🙏 💙







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