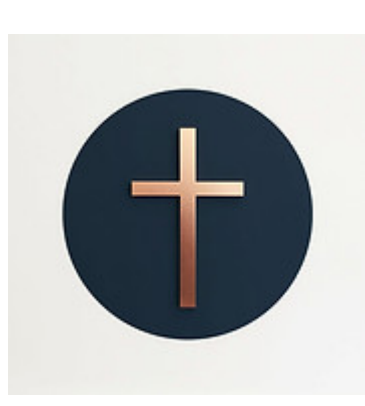




Bible Verses on Forgiveness – Free Printable Christian PDF

Scripture, gentle guidance and space to reflect

Forgiveness can be a tender and difficult part of faith. These passages invite us to receive God's mercy, loosen our grip on resentment, and take one honest step towards peace. They are not a demand to deny hurt or ignore harm; when safety is at stake, wise boundaries and support matter.

A note on the Scripture: The verse summaries in this guide are clearly marked as plain-English paraphrases. They are not presented as full quotations from a particular Bible translation. Read each passage in your preferred Bible for its full wording and context.

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Receiving mercy, offering mercy

Forgiveness begins with God's compassion towards us. These first readings explore mercy as a gift we receive and a grace we are invited to share.

01 Ask, and forgive

Matthew 6:14–15

Plain-English paraphrase: Jesus teaches that receiving forgiveness and extending forgiveness belong together in a life turned towards God.

Jesus connects prayerful trust with the willingness to release resentment. This does not make forgiveness easy, but it reminds us that mercy is part of the life God is shaping in us.

Reflect: Where might you need to ask God for help to begin forgiving?

02 Keep choosing mercy

Matthew 18:21–22

Plain-English paraphrase: In response to Peter's question about how often to forgive, Jesus calls him beyond keeping a strict count.

The memorable number Jesus gives is a way of saying that forgiveness should not be treated as a limited allowance. The passage points towards a forgiving posture, not a requirement to remain in danger or accept repeated harm.

Reflect: What would it mean to release the scorecard while still keeping wise boundaries?

03 Let go of condemnation

Luke 6:37

Plain-English paraphrase: Jesus warns against passing judgement and condemnation, and calls his listeners to forgive.

This teaching turns our attention from punishing others in our hearts towards the humility and compassion we hope to receive ourselves. Forgiving does not deny truth; it refuses to make condemnation our final response.

Reflect: Is there a judgement you are ready to place before God rather than carry alone?

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Practising forgiveness together

The letters of the New Testament describe forgiveness as a practice shaped by Christ's kindness. These verses offer language for patience, compassion and a renewed way of living with one another.

04 Put away bitterness

Ephesians 4:31–32

Plain-English paraphrase: Paul urges believers to set aside bitterness, anger and harsh speech, and to show kindness, compassion and forgiveness as God has forgiven them in Christ.

Forgiveness here is part of a larger change in how we treat people. Kindness and compassion do not excuse wrongdoing; they help us respond without allowing bitterness to shape every word and choice.

Reflect: What is one kind, truthful response you could choose in a difficult relationship?

05 Bear with one another

Colossians 3:12–13

Plain-English paraphrase: Paul calls the church to patience and forgiveness, remembering that the Lord has forgiven them.

The image is of people making room for one another's imperfections. Patience can create space for an honest conversation, repair and growth, while forgiveness helps keep resentment from becoming the centre of the relationship.

Reflect: Where could patience make room for a more compassionate next step?

06 Confess and receive cleansing

1 John 1:9

Plain-English paraphrase: When we confess our sins, God is faithful and just to forgive us and cleanse us from unrighteousness.

This promise offers hope when we recognise our own failures. Confession is an honest turning towards God, not a reason to remain trapped in shame; God's faithfulness opens a way to begin again.

Reflect: What would it feel like to bring one regret honestly to God today?

07 God's compassion is abundant

Psalms 103:8–12

Plain-English paraphrase: The psalm praises God as compassionate and patient, saying that God does not treat us as our sins deserve and removes our transgressions far from us.

The psalm uses vast distance to picture the generosity of God's forgiveness. Its language invites us to rest in compassion rather than believe that our worst moment is the whole story of who we are.

Reflect: Which image of God's compassion in this psalm would you like to hold on to?

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Choosing a path towards peace

Forgiveness can take time. Scripture holds out both a promise of new beginnings and a call to seek peace with courage and wisdom.

08 An invitation to be made new

Isaiah 1:18

Plain-English paraphrase: God invites the people to reason together and promises that though their sins are deeply stained, they can become clean.

Isaiah's words are an invitation to face what has gone wrong and trust God's power to restore. Forgiveness is not pretending that harm never happened; it is hope that failure need not be the end.

Reflect: Where are you longing for a fresh beginning?

09 Overcome evil with good

Romans 12:17–21

Plain-English paraphrase: Paul tells believers not to repay evil for evil, to pursue peace where possible, and to overcome evil with good.

This passage offers a courageous alternative to revenge. Seeking peace does not mean every relationship can be restored or that injustice should be ignored; it means we can refuse to let retaliation govern our response.

Reflect: What good and safe action could interrupt a cycle of hurt?

10 Mercy in the face of suffering

Luke 23:34

Short excerpt, King James Version: "Father, forgive them; for they know not what they do." This is a brief excerpt, not the full verse.

As Jesus faces the cross, Luke records a prayer of mercy for those involved in his suffering. This is a profound and difficult example, not a command to minimise abuse or remain in an unsafe situation.

Reflect: What support, time or prayer might help you take the next step towards peace?

A gentle closing reflection

Take a quiet moment. You do not have to resolve every hurt today. You might pray: "God of mercy, thank you for meeting me with compassion. Help me receive your forgiveness, show grace where I can, and seek wise support and safe boundaries where I need them. Guide me, one step at a time, towards truth and peace. Amen."

If this reflection brings up painful experiences, consider speaking with someone you trust or a qualified support professional. Forgiveness does not require contact, reconciliation or tolerating harm.

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