



ACTION GUIDE

The Forgiveness Freedom Guide

(Bonus Resource for Paid Subscribers)

This step-by-step resource includes actionable steps designed to help you release the past, forgive fully, and walk in freedom.

STEP 1: Name It

Scripture Focus: Psalm 139:23-24

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Insight:

We can't forgive what we won't face. Naming the person or the hurt brings hidden wounds into the light where healing can begin.

Reflection:

What person (or situation) comes to mind when you think of unresolved hurt?

Note from Coach Curry:

In my years of pastoring and coaching, I've seen how often people avoid calling things what they are. We bury offenses under busyness, church activity, projects at work, or even fake smiles. The problem is **you cannot conquer what you're unwilling to confront**. Naming the person or the situation doesn't give them more power, it actually takes their power away. When you say it out loud, you're shining light in the dark corners of your heart. And I'll tell you this: the enemy thrives in secrecy, but healing thrives in honesty. Don't be afraid to face it. Name it, so God can heal it.

Practical Steps:

- Write down the name of the person or situation.

- Describe what they did and how it affected you.
- Say it out loud in prayer: *"Lord, this is what I've been carrying."*

Journal Prompt: What wound have I been avoiding naming, and how has it been weighing on me?

Declaration: *(Say this out loud daily...multiple times per day if necessary)*

I refuse to ignore the wounds in my heart. I bring them into the light of God's truth. I will not allow hidden pain to control me in silence. I am bold enough to face the offense and honest enough to call it by name. What I name, God can heal. What I reveal, God can restore. I choose honesty over hiding, and I believe God is starting my healing today.

Action Steps:

- Write the name/situation on paper. Fold it. Pray over it daily this week.

STEP 2: Release It

Scripture Focus: 1 Peter 5:7

"Cast all your cares on Him because He cares for you."

Insight:

Forgiveness is releasing the debt to God. You give up your right to revenge and trust God's justice.

Reflection:

What's heavier: the pain of the offense, or the burden of carrying it?

Note from Coach Curry:

Let me be real with you for a moment: being willing to release your offender feels unfair. Our human nature screams, "They owe me! They need to pay!" But like I said in the podcast, carrying unforgiveness is like you drinking poison and hoping the other person dies from it. Release doesn't mean the hurt never happened. It means you've made a choice: ***"I will not let this define me any longer."*** When you release it, you're not saying they were right, you're saying *you're ready to be free*. One of the greatest breakthroughs I've seen in people's lives came when they finally let go, not because the other person deserved it per se, but because YOU deserve it. Prioritize your peace and let those people go.

Practical Steps:

- Pray a release prayer: *"Lord, I place this person in Your hands."*
- Imagine physically laying the weight down at the cross.
- When bitterness rises, repeat the release.
- Extra: You can also do one of the activities that I mentioned on the podcast: write down what or who you're releasing on a piece of paper, and burn it. You can also write down the same thing on a helium filled balloon and release it into the air.

Journal Prompt: What am I afraid will happen if I truly let this go?

Declaration: (Speak this until you sense the weight begin to lift.)

I let go of the right to get even. I refuse to carry bitterness any longer. I place this person, this situation, and this pain in God's hands. Their debt is not mine to collect, it belongs to the Lord. I choose release over revenge. I choose peace over pain. I trust God to handle what I cannot. Today, I am lighter, freer, and stronger because I release it all to Him.

Action Steps:

- Write the offense on a small slip of paper. Tear it up or burn it as a symbol of release.

STEP 3: Pray It

Scripture Focus: 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."

Insight:

Praying for those who hurt you shifts your heart. Blessing them doesn't excuse the wrong; it repositions your spirit.

Reflection:

How could praying for them begin to soften the hardness in me? What areas in my life or in my heart have hardened as a result of what happened to me?

Note from Coach Curry:

Now this is where it gets tough. Blessing someone who hurt you feels like the exact opposite of what you want to do. But here's what I've discovered: when you start praying for someone, it's almost impossible to keep hating them the same way. Prayer doesn't always change the other person, but it will almost ALWAYS change you. I've walked with people who said, "there's no way I can pray for them." And I've always told them that God will supply the grace and love that you need to forgive as you put forth the effort. Over time, the bitterness and hardness of heart begins to break down. Remember this: blessing isn't about denying the pain. It's about refusing to let the pain become your permanent posture.

Practical Steps:

- Start simple: pray one line of blessing over them daily.
- Ask God to give them peace, health, or salvation.
- If you can't say it with sincerity yet, say it by faith until the heart catches up.
- Pray in the Spirit (in tongues)
- Pray and ask the Lord to create in you a clean heart and renew a right spirit within

Journal Prompt: "What's one good thing I can genuinely pray for them today?"

Declaration: *(Say this out loud daily...multiple times per day if necessary)*

I bless those who have hurt me. I speak life where there was once pain. I choose to pray for those who wronged me. I refuse to let hatred or bitterness rule me. I walk in love, I walk in grace, and I walk in freedom. By blessing others, I am unlocking God's blessing in my own life.

Action Steps:

- Set a reminder on your phone for the next 7 days: pray one blessing for that person.

STEP 4: Repeat It

Scripture Focus: Matthew 18:21-22

"Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

Insight:

Remember the example that I shared concerning how hurt I was after being mistreated by that Pastor? Every time I felt pain in my heart, I had to ask the Lord to take it away. It took about six months for that to happen fully. Remember: forgiveness is rarely one-and-done. It's often a daily choice until the wound fully heals.

Reflection:

Where do I find myself still rehearsing the hurt, and how can I interrupt that cycle?

Note from Coach Curry:

I wish I could tell you forgiveness is a one-time event and you'll never struggle with it again. But the truth is, forgiveness is a practice. It's like going to the gym, one workout won't change your life, but consistent training will. Every time the memory resurfaces, every time the sting shows up again, you get another opportunity to exercise forgiveness. Don't beat yourself up if you feel the hurt again tomorrow, that doesn't mean you failed. It means you get another rep in. Over time, forgiveness builds spiritual muscle. And the stronger you get at it, the freer your life becomes.

Practical Steps:

- Create a forgiveness tracker (7-30 days).
- Each day, pray the release prayer again.
- Replace negative thoughts with God's promises.

Journal Prompt: "How will my life look different if I keep choosing forgiveness daily?"

Declaration: (Say this every time the memory resurfaces or the hurt tries to return.)

Forgiveness is my daily choice. I will forgive as often as it takes. Each time bitterness, hurt, or pain rises, I will choose to forgive and release those who have hurt me. Each time anger resurfaces, I will choose peace. I will not grow weary in choosing freedom. I am free, and I will stay free, because whom the Son (Jesus) sets free, is free indeed!

Action Steps:

- Commit to pray the forgiveness prayer every day for the next 30 days. Track your progress and note how your heart changes over time.

The Remarkable Life with Warren Curry