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THE HEART HEALING



GUIDE

10 BIBLICAL DECLARATIONS FOR HEALING & FORGIVENESS

A HEART READY FOR HEALING

Healing from hurt, betrayal, and trauma isn't easy—but it is possible. God never intended for you to carry the weight of your wounds forever. His heart for you is one of complete healing, wholeness, and peace.

These 10 Biblical Declarations are designed to help you release bitterness, embrace forgiveness, and walk forward in God's healing love. Speak them out loud every day—because the words we declare over our hearts shape the way we heal.

Your past doesn't define you. Your pain doesn't own you. God is writing a new story of redemption in your life.

HOW TO USE THIS FREEBIE

- ♡ Print it and keep it where you'll see it daily.
- ♡ Speak these declarations over your heart every morning.
- ♡ Save it to your phone for quick encouragement.
- ♡ Share with a friend who needs healing.

10 Biblical Declarations for Healing & Forgiveness

1. I declare: God is my healer, and He is restoring my heart.
"He heals the brokenhearted and binds up their wounds." – Psalm 147:3

Encouragement: God sees your pain and is actively healing you, even in unseen ways.

2. I declare: My past does not define me—God does.
"If anyone is in Christ, the new creation has come: The old has gone, the new is here!" – 2 Corinthians 5:17

Encouragement: Your wounds and mistakes do not determine your worth. God makes all things new.

3. I declare: I release resentment and choose forgiveness.
"Forgive as the Lord forgave you." – Colossians 3:13

Encouragement: Forgiveness is not saying what happened was okay—it's saying you won't let it control you anymore.

4. I declare: God's love fills the empty and broken places in my heart.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." – Psalm 34:18

Encouragement: When you feel empty, God is your source of love and comfort.

5. I declare: My emotions do not control me—God's truth does.

"The heart is deceitful above all things... but I, the Lord, search the heart and examine the mind." – Jeremiah 17:9-10

Encouragement: Your feelings are real, but they don't have the final say—God's Word does.

10 Biblical Declarations for Healing & Forgiveness

6. I declare: I am free from bitterness and walking in peace.
"Make every effort to live in peace with everyone and to be holy." – Hebrews 12:14

Encouragement: True peace comes when we surrender our hurts to God and choose to walk in freedom.

7. I declare: I trust God to bring justice and redemption.
"Do not take revenge... but leave room for God's wrath." – Romans 12:19

Encouragement: Letting go doesn't mean justice won't come—it means trusting God to handle it His way.

8. I declare: I am loved, whole, and complete in Christ.
"You are complete in Him." – Colossians 2:10

Encouragement: No person, circumstance, or past wound defines your worth—God does.

9. I declare: I will not let my wounds keep me from my purpose.

"What you intended for harm, God intended for good." – Genesis 50:20

Encouragement: The enemy wants your wounds to keep you stuck, but God wants to use them for something greater.

10. I declare: I am stepping into healing and leaving the past behind.

"Forgetting what is behind and straining toward what is ahead, I press on toward the goal." – Philippians 3:13-14

Encouragement: Your future in Christ is greater than the pain of your past. Move forward with hope.

A PRAYER FOR HEALING & FORGIVENESS

Father, I come to You with a heart that is hurting, but open to Your healing. I release the pain I've been carrying, the bitterness that has tried to take root, and the burdens I was never meant to bear. I choose today to forgive—not because it's easy, but because You have called me to love like You.

Help me to walk forward in peace, knowing that You are my healer, my redeemer, and my defender. I trust You to restore what's been broken and to turn my wounds into testimonies of Your goodness. Thank You for Your love that never fails. In Jesus' name,
Amen.