

The Hug That Never Happened

with Mark Winter • Forgiveness, reconciliation, boundaries & restored trust

DEFINING QUESTION

What would it look like to forgive without pretending the wound never happened—or giving unsafe people access to you again?

TRUTH TO CARRY

Forgiveness does not erase what happened. It can change what the wound is allowed to keep doing to you.

PRAYER PROMPT

Ask God to show you what you are still carrying, what forgiveness may look like in your situation, and where wisdom, safety, boundaries, or time are still needed.

REFLECTION QUESTIONS

- What memory, hurt, or relationship still has more power over my present than I want it to have?
- Where do I need to distinguish forgiveness from reconciliation, renewed access, or restored trust?
- Is there a wall I did not build—but have continued adding bricks to because I was trying to protect myself?

GRIT PRACTICE — NAME THE BRICK

1. Name one “brick” you are still carrying: anger, fear, regret, resentment, guilt, or the need for an apology.
2. Decide what belongs to you today: release it to God, set or keep a boundary, seek wise support, or take one safe step toward a conversation.
3. Do not force reconciliation. Choose the faithful step that is actually yours.

CLOSING REMINDER

Cracks do not make your life unusable. Healing may leave scars, and trust may take time. You can keep walking without pretending the wall was never there.

GENTLE SHARE INVITATION

If someone you love is trying to understand forgiveness without losing needed boundaries, share this page gently.