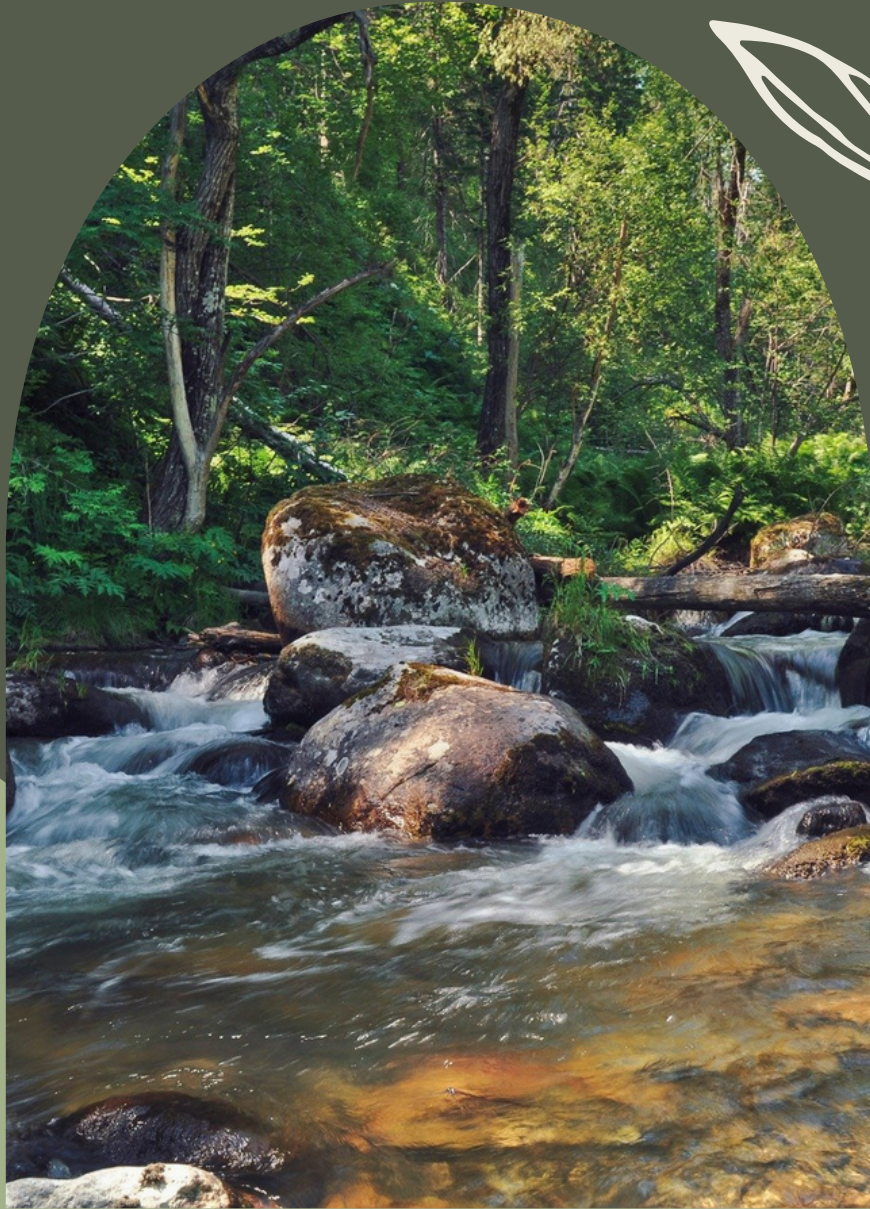


CHOOSE FORGIVENESS



A PRACTICAL GUIDE TO HEALING WORK AND HEART FREEDOM

EPHESIANS 4:32

"FORGIVING EACH OTHER, JUST AS IN CHRIST GOD FORGAVE YOU."

Dear Brave and Beautiful Woman,

Forgiveness is one of the most sacred, stretching, and powerful choices you will ever make. It's not about pretending the pain didn't happen.

It's not about excusing what was done.

It's not even about waiting until you feel ready.

Forgiveness is a decision, a holy one.

To stop carrying what you were never meant to hold.

To reclaim your peace and your power.

To release the grip of what was, so God can begin restoring what will be.

You've been hurt. And still... you're here, choosing freedom.

Not because they earned it.

Not because you're ignoring the weight of it.

But because Jesus paid for it all, and your heart deserves to be whole again.

As you wear this piece, let it remind you that you are not what happened to you.

You are who God is healing you to be.

Every thread declares what your spirit already knows:

You choose forgiveness.

You choose freedom.

You choose to heal.

With grace and belief,
THE THREADS THAT HEAL FAMILY





Choose Forgiveness

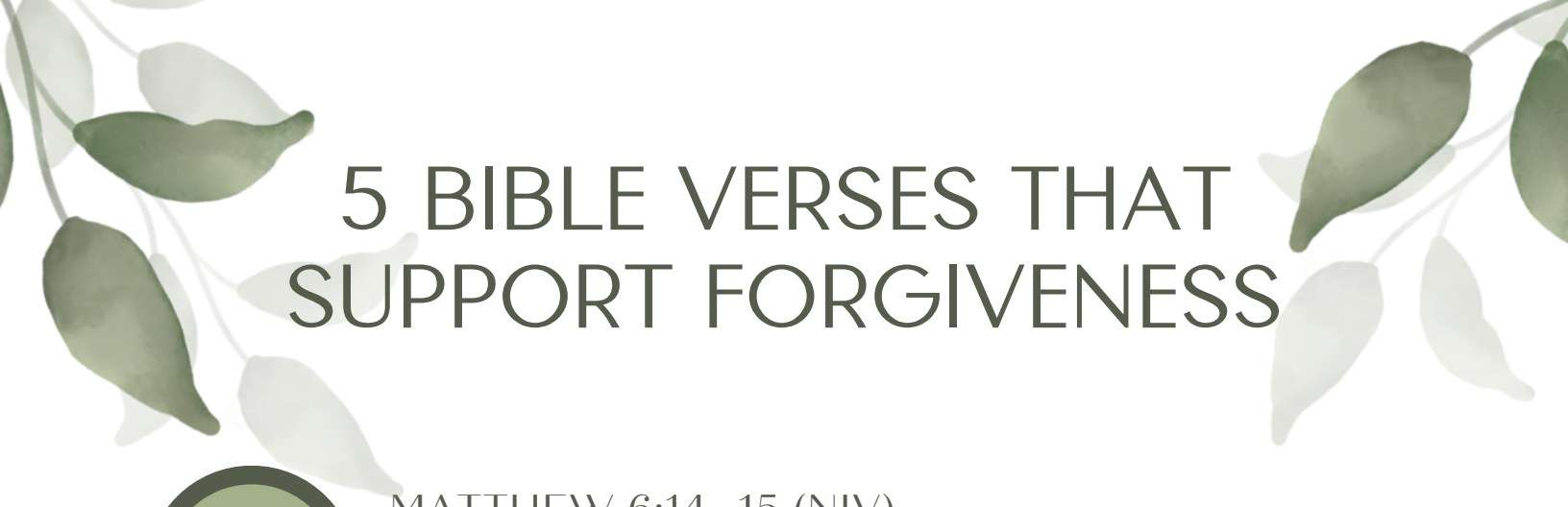
LETTING GO. HEALING DEEP.
CHOOSING WHOLENESS.

Forgiveness isn't a feeling. It's a decision to stop reliving the hurt and start reclaiming your heart.

It's not a quick fix—it's a deep reset. You may have forgiven with your words before, but this time, you're bringing your whole heart into it.

Forgiveness doesn't mean you forget what happened. It means you remember who you are. A woman of peace. A daughter of grace. A healer—not just the one who hurts.

This is where freedom begins: when you choose forgiveness.



5 BIBLE VERSES THAT SUPPORT FORGIVENESS

01

MATTHEW 6:14–15 (NIV)

"If you forgive others... your Father will also forgive you."
Forgiveness clears the path between you and God.

EPHESIANS 4:32 (NIV)

"Forgive... just as in Christ God forgave you."
When you forgive, you reflect the heart of God.

02

03

COLOSSIANS 3:13 (NIV)

"Forgive as the Lord forgave you."
Freely you've received—freely you give.

ISAIAH 43:25 (NIV)

"...I blot out your sins and remember them no more."
If God isn't holding it against you, why should you?

04

05

2 CORINTHIANS 5:17 (NIV)

"The old has gone, the new is here!"
Forgiveness makes room for the new thing God
is doing.

5 DECLARATIONS TO SPEAK OVER YOUR HEALING

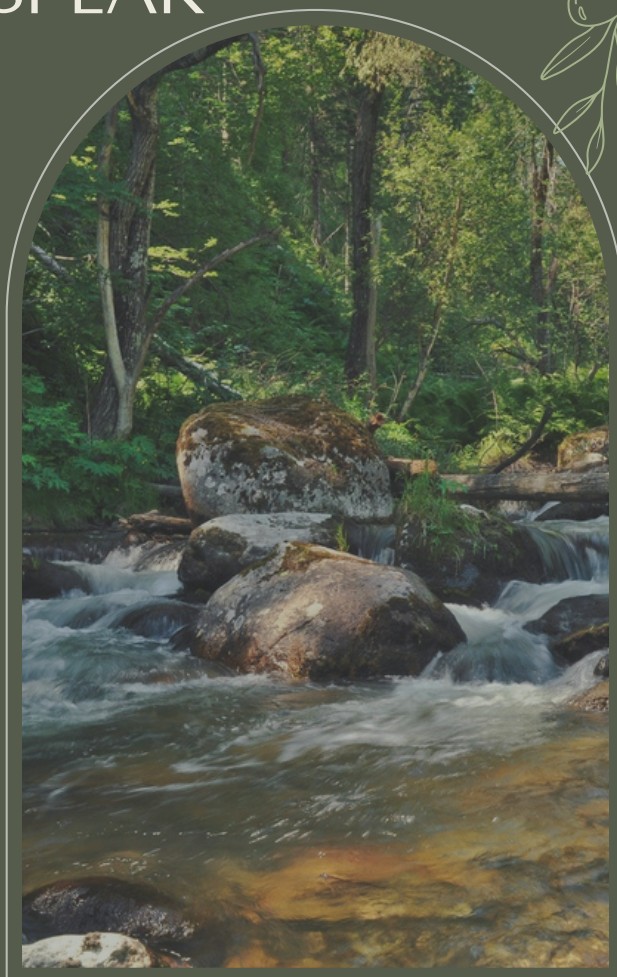
I declare that I choose forgiveness over bitterness.

I decree that I am not stuck—I'm stepping into healing.

I declare that I release every offense and walk in peace.

I decree that mercy leads my decisions and freedom follows.

I declare that forgiveness is mine to give—and I give it freely.



5 PRACTICAL WAYS TO PARTNER WITH THIS PIECE AS YOU WEAR IT

Speak it aloud - "I forgive ___ for ___." Let your words lead your heart.

Write a release letter - Get the pain out of your mind and body—then give it to God.

Bless the one who hurt you - Prayer breaks bitterness every time.

Forgive yourself too - Don't exclude yourself from grace.

Wear it with purpose - Let Choose Forgiveness remind you: you're walking in freedom now.



Hey Healer,

Let's name it ... this hasn't been easy.

But easy was never the goal.

Freedom was.

Forgiveness is not a denial of what hurt you.

It's a declaration that it won't have the final say.

It's a spiritual rebellion against bitterness.

And a brave return to the One who heals.

You're not just letting go—you're rising up.

You're not just releasing them—you're rescuing you.

This is your sacred shift:

- ♥ From wounded to healing.
- ♥ From offended to free.
- ♥ From bound by the past to led by peace.

Forgiveness is a journey & you're walking it in power now.

Every step is an act of grace.

Every choice to forgive is a seed of healing.

And every time you use this design, it will remind you:

You are brave.

You are being rebuilt.

And you are walking out a freedom that only heaven could write.

Keep going—wholeness is your portion.

We're walking with you.

In healing and honor,

THE THREADS THAT HEAL FAMILY





REFLECTION JOURNAL PAGE

Who am I choosing to forgive today (others, God, myself)?

What lie or wound am I releasing into God's hands?

What truth or scripture is helping me move forward?

PAUSE AND WRITE FROM A PLACE OF HONESTY AND FREEDOM.



Threads THAT HEAL



WE CREATE WEARABLE DECLARATIONS FOR WOMEN WHO
BELIEVE HEALING IS POSSIBLE—AND PERSONAL.

WEAR THE WORD. LIVE THE HEALING.

EVERY DESIGN TELLS A STORY. EVERY THREAD CARRIES TRUTH.



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