We have all been in situations where we have done wrong and desire forgiveness from a spouse, family member, friend, or even a co-worker.

If you’re in need of forgiveness right now, or if you need some motivation to forgive someone in your life, look to these 20 Bible verses about the healing, restoration, and harmony that can be found through forgiveness.

Ephesians 4:32

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Matthew 6:14

“For if you forgive other people when they sin against you, your heavenly Father will also forgive you.”

Colossians 3:13

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Luke 6:37

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.”

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.' "

Psalm 86:5

“You, Lord, are forgiving and good, abounding in love to all who call to you.”

Mark 11:25

“And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.”

Psalm 32:1

“Blessed is the one whose transgressions are forgiven, whose sins are covered.”

Matthew 6:15

“But if you do not forgive others their sins, your Father will not forgive your sins.”

1 John 1:9

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

Hebrews 8:12

“For I will forgive their wickedness and will remember their sins no more.”

Proverbs 17:9

“Love prospers when a fault is forgiven, but dwelling on it separates close friends.”

Proverbs 10:12

“Hatred stirs old quarrels, but love overlooks insults.”

Psalm 103:12

"As far as the east is from the west, so far has he removed our transgressions from us."

Daniel 9:9

"The Lord our God is merciful and forgiving, even though we have rebelled against him."

Isaiah 43:25

“I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more ..."

Hebrews 10:17

“Then he adds: Their sins and lawless acts I will remember no more.”

Psalm 130:3-4

“If You, Lord, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, that You may be feared.”

Ephesians 1:7-8

“In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace which He made to abound toward us in all wisdom and prudence.”

Colossians 1:13-14

“He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.”