

**Faith At Work: THE KIM ANTHONY STORY!****Scripture used:** [Colossians 3:12–13 \(NLT\)](#); [Jeremiah 29:11](#); [2 Chronicles 16:9](#)**OVERVIEW**

This week's message told the powerful and redemptive story of Kim Anthony. Her story reveals how God's purpose, forgiveness, and grace can prevail even through profound pain and injustice. Kim's life began under impossible odds. Her mother was pressured to abort her and later faced life-threatening complications during childbirth. Against all odds, Kim survived. Yet survival did not mean safety. Kim grew up in a deeply broken environment marked by addiction, neglect, and scarcity. From a young age, she learned to equate love and worth with performance, rather than care and belonging. Despite this, Kim held onto a singular dream: to become a world-class athlete. Gymnastics became both her refuge and her identity, a place where her value was measured in seconds and scores. Her athletic success carried her to UCLA, global competitions, and the Olympic team, but it did not protect her from trauma. A near-death experience shattered her sense of purpose and forced a crisis of faith. It was in that season of confusion and fear that Kim encountered Jesus. She began to understand that her life was not an accident and that God does not make mistakes. Over time, God led her beyond survival and success toward forgiveness, healing, and freedom. Kim's story reminds us that while the world is broken and wounds us deeply, unforgiveness keeps us captive. Forgiveness, though costly and difficult, is the most Christlike act. It does not erase the past or remove boundaries, but it frees us to move forward into God's purpose.

**KEY POINTS**

- 1. Your life has value and purpose.** God sees us, even when life tells us otherwise. Scripture reminds us that God is always searching for hearts fully committed to Him and working out His purposes—even in suffering.
- 2. The world is broken, but bitterness is not the answer.** Pain can lead to anger, resentment, and a desire to prove others wrong. But success cannot heal wounds. Only God can.
- 3. Forgiveness is the most Christlike response.** Forgiveness does not mean approval, reconciliation, or removing boundaries. It means releasing bitterness so it no longer controls our future.
- 4. Unforgiveness sabotages our calling.** When we refuse to forgive, we remain tied to our past. Forgiveness allows us to reclaim our lives, rediscover purpose, and walk in freedom.
- 5. God empowers forgiveness over time.** If forgiveness feels impossible right now, that does not mean it is unreachable. God works in us and on us, shaping our hearts until we are ready.

**DISCUSSION**

- 1) HEAR** - Kim's story shows us that forgiveness is not a moment—it is a journey. God does not waste pain, and He does not abandon us in it. Through Christ, even our deepest wounds can become places of freedom. Who are you still "paying back" emotionally? Is there someone whose actions continue to shape your decisions, anger, or identity? What might it look like to forgive without removing healthy boundaries?
- 2) UNDERSTAND** - Colossians 3:12 calls us to clothe ourselves with compassion, kindness, humility, gentleness, and patience. Which of these feels hardest to extend toward yourself right now? Why?
- 3) DO** - This week, reflect on Colossians 3:12–13 (NLT): *Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive*

*others.* Ask God to begin (or continue) the work of forgiveness in your heart—even if you don't yet feel ready. Pray honestly, and trust God with the timing.