

THIS WEEK'S PRAYER:

Jesus,
Thank You for the forgiveness that was purchased for me at
Calvary.
Forgive me for continuing to carry guilt, shame, and condemnation
that You have already removed.
Help me to believe Your verdict instead of my own.
Renew my mind through Your Word, teach me to walk in the
freedom You have given me, and remind me each day that I am no
longer defined by my past, but by Your grace.
In Jesus' name,
Amen.

THIS WEEK'S CHALLENGE:

Every morning this week, read Romans 8:1 aloud.

Whenever shame or condemnation tries to remind you of your
past, stop and ask yourself: **"Whose verdict am I believing?"**

Then answer shame with God's Word instead of your feelings.

.



Week 6 - Learning to Forgive Yourself

Luke 15:11–24
Romans 8:1

BIG IDEA:

The hardest person many of us will ever have to forgive
is ourselves. Repentance brings us to the Cross, but self-
condemnation keeps us standing there, refusing to
receive what Christ has already accomplished.
Freedom begins when we stop agreeing with shame and
start agreeing with God's verdict

.

KEY TRUTHS FROM THIS WEEK

- Repentance brings us to the Cross.
- Self-condemnation keeps us standing there.
- God's forgiveness is complete.
- Shame speaks first, but God's verdict has the final word.
- Grace restores our identity, not just our relationship.
- Freedom comes as we renew our minds with God's truth.
- We don't have to keep paying for a debt Jesus already paid.

SCRIPTURES TO REMEMBER

- Luke 15:20–24
- Romans 8:1
- Romans 12:2

PERSONAL REFLECTION

Where have I continued condemning myself after God has already forgiven me?

What verdict about myself do I need to surrender to God?

WHAT GOD HAS DECLARED

- I am forgiven.
- I am accepted.
- I belong.
- I am God's child.
- I am free to walk in His grace.

REPLACING LIES WITH TRUTH

Example:

Shame Says: "I'll never be free."

God Says: "There is therefore now no condemnation."

Shame Says: "I have to keep paying for my mistakes."

God Says: _____

Shame Says: "I don't belong anymore."

God Says: _____

Shame Says: _____

God Says: _____