

"Very early in the morning the leading priests and the elders of the people met again to lay plans for putting Jesus to death. 2 Then they bound him, led him away, and took him to Pilate, the Roman governor. 3 When Judas, who had betrayed him, realized that Jesus had been condemned to die, he was filled with remorse. So he took the thirty pieces of silver back to the leading priests and the elders. 4 'I have sinned,' he declared, 'for I have betrayed an innocent man.' 'What do we care?'

Matthew 27:1-5 (NLT)

they retorted. 'That's your problem.' 5 Then Judas threw the silver coins down in the Temple and went out and hanged himself."

Matthew 27:1-5 (NLT)

"A psalm of David. 1 Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! 2 Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! 3 When I refused to confess my sin, my body wasted away, and I groaned all day long. 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Interlude 5 Finally, I confessed all my sins to you and stopped

Psalm 32 (NLT)

trying to hide my guilt. I said to myself, 'I will confess my rebellion to the LORD.' And you forgave me! All my guilt is gone. Interlude 6 Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment. 7 For you are my hiding place; you protect me from trouble. You surround me with songs of victory. Interlude 8 The LORD says, 'I will guide you along the best pathway for your life. I will advise you and watch over you. 9 Do not be

Psalm 32 (NLT)

like a senseless horse or mule that needs a bit and bridle to keep it under control.' 10 Many sorrows come to the wicked, but unfailing love surrounds those who trust the LORD. 11 So rejoice in the LORD and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!"

Forgiveness is the Key to EVERYTHING





Why Do I Need to Forgive MYSELF?



Self-Condemnation...

Is Paralyzing



Self-Condemnation...

- Is Paralyzing
- Makes you feel unworthy



Self-Condemnation...

- Is Paralyzing
- Makes you feel unworthy
- Is Painful

You Cannot Hide Your Sin from God

2 Samuel 12:13 (NLT) — "Then David confessed to Nathan, 'I have sinned against the LORD.' Nathan replied, 'Yes, but the LORD has forgiven you, and you won't die for this sin.'"

1 John 1:9 (NIV) - "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Romans 5:20 (NKJV) — "Moreover the law entered that the offense might abound. But where sin abounded, grace abounded much more..."

It's Not About FEELING Forgiven, It's About BEING Forgiven



1. Accept that God Has Forgiven You

Psalm 32:1–2 (NLT) — "Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight!

2 Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty!"

Psalm 32:1–2 (NKJV) — "Blessed is he whose transgression is forgiven, Whose sin is covered. 2 Blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit."

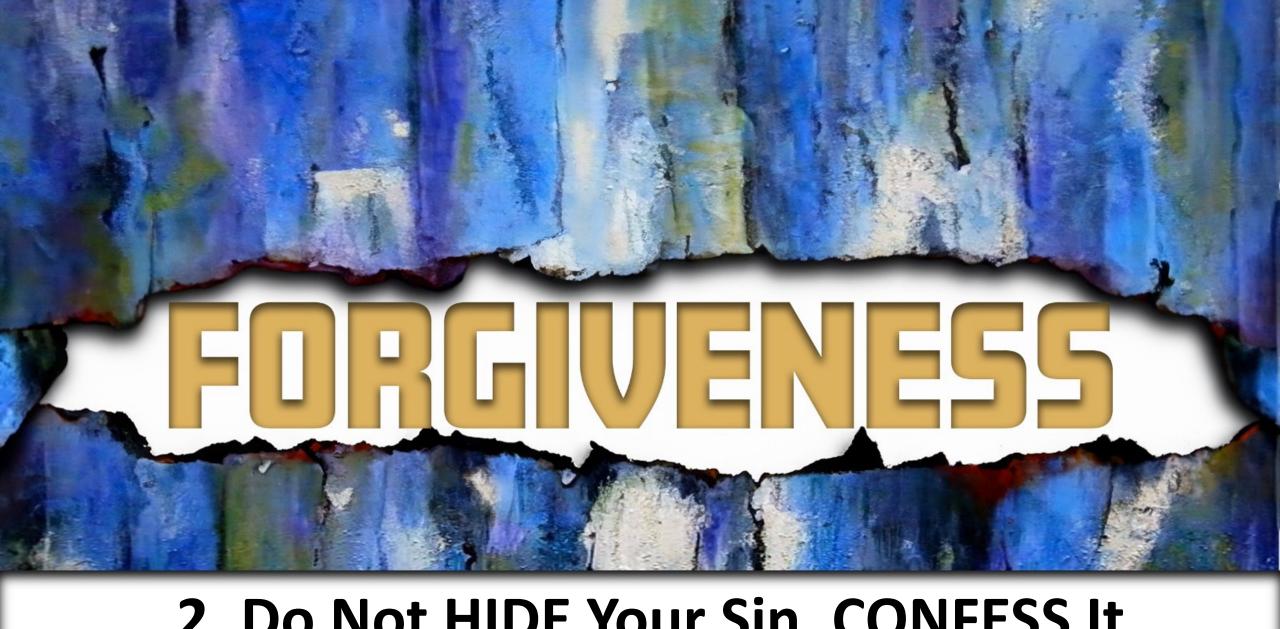


"blessed"

- Happiness that comes when a superior bestows their favor on you
- Knowledge of forgiveness from God makes a person happy

The Blood of Jesus was Enough!

Colossians 2:13–14 (NLT) — "You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. 14 He canceled the record of the charges against us and took it away by nailing it to the cross."

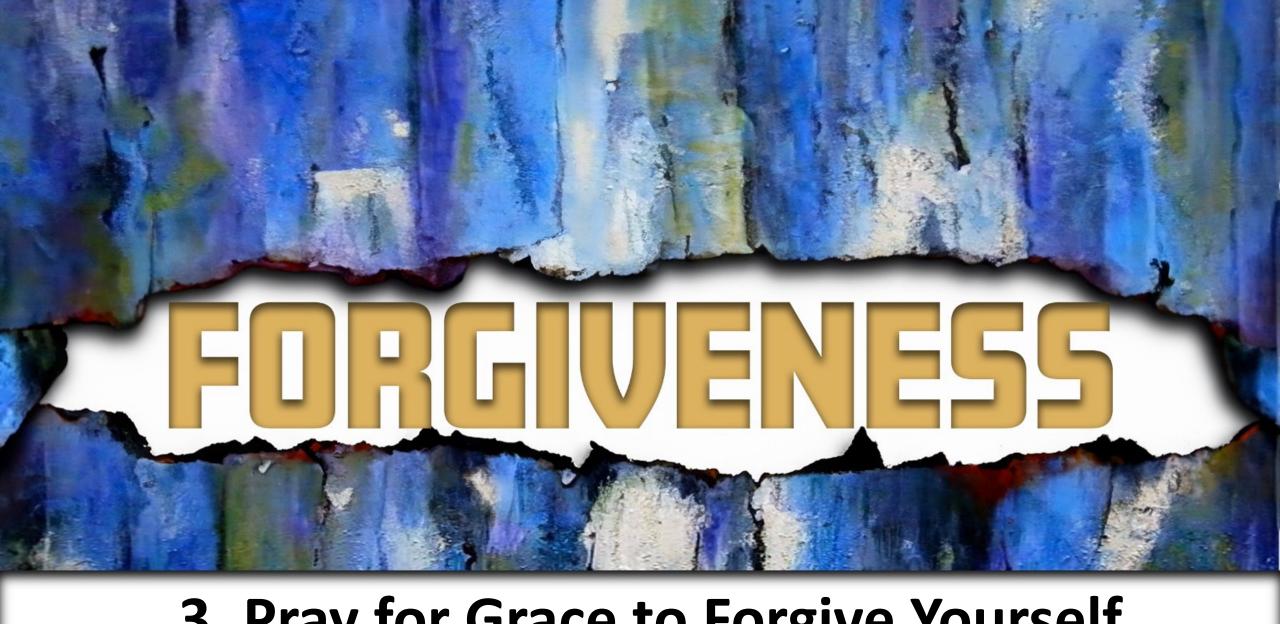


2. Do Not HIDE Your Sin, CONFESS It

Psalm 32:3-5 (NLT) — "When I refused to confess my sin, my body wasted away, and I groaned all day long. 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Interlude 5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, 'I will confess my rebellion to the LORD.' And you forgave me! All my guilt is gone. Interlude"

What We Keep in the Dark Can Haunt and Hurt Us

James 5:14–16 (NLT) — "Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. 15 Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven. 16 Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results."



3. Pray for Grace to Forgive Yourself

Psalm 32:6 (NLT) — "Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment."

If You Pray, God Will Listen



4. Renew Your Mind with God's Word

Psalm 32:7–10 (NLT) — "For you are my hiding place; you protect me from trouble. You surround me with songs of victory. Interlude 8 The LORD says, 'I will guide you along the best pathway for your life. I will advise you and watch over you. 9 Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control.' 10 Many sorrows come to the wicked, but unfailing love surrounds those who trust the LORD."

Instead of Rehearsing Your Failures and Fears, Talk About What God's Word Says About You



5. Celebrate God's Forgiveness & Your Freedom

Psalm 32:11 (NLT) — "So rejoice in the LORD and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!"

Forgive Yourself.

