

Forgiveness

Pt. 4 - Forgiving Yourself

Ps. 38:4 "My guilt has overwhelmed me like a burden too heavy to bear. ⁵My wounds fester and are loathsome because of my sinful folly. ⁶I am bowed down and brought very low; all day long I go about mourning. ⁷My back is filled with searing pain; there is no health in my body. ⁸I am feeble and utterly crushed; I groan in anguish of heart. ⁹All my longings lie open before you, O Lord; my sighing is not hidden from you. ¹⁰My heart pounds, my strength fails me; even the light has gone from my eyes. ¹¹My friends and companions avoid me because of my wounds; my neighbors stay far away...¹⁸I confess my iniquity; I am troubled by my sin... ²¹O Lord, do not forsake me; be not far from me, O my God. ²²Come quickly to help me, O Lord my Savior."

How do I forgive myself?

1. Understand the difference between conviction and condemnation.

Jn. 16:7 "...I tell you the truth: It is for your good that I am going away. Unless I go away, the Counselor will not come to you; but if I go, I will send him to you. ⁸When he comes, he will convict the world of guilt in regard to sin and righteousness and judgment..."

Conviction is feeling guilty about present sin.

Condemnation is guilt over past sin.

Conviction comes from the Holy Spirit.

Condemnation comes from Satan.

2. Keep perspective - I am not perfect!

Rom. 3:23 "...for all have sinned and fall short of the glory of God."

3. Stop comparing myself to other people.

Comparison feeds condemnation.

4. Quit the "if onlys".

5. Don't cover up.

6. Confess my sin.

Jam. 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed."

Admit and own my mistakes.

7. Remember - consequences are not God's judgment.

8. Don't waste my mistake.

9. Memorize Scripture.

Ps. 34:22 "The Lord redeems His servants; no one will be condemned who takes refuge in him."

Rom. 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus, ²because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death."

Rom. 3:23 "... for all have sinned and fall short of the glory of God, ²⁴and are justified freely by His grace through the redemption that came by Christ Jesus."

10. Accept God's forgiveness.

1 Jn. 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."