

## Forgiveness: Forgiving Yourself - Lesson 3

Forgiving yourself is so hard. Enemy of your soul will use your guilty conscience against you. He does that to keep you from approaching the throne room of God. He doesn't want you to feel confident enough to come to God and say, "Help me. Forgive me. Restore me. This is what I need."

No, the enemy wants you to believe you aren't worthy, that you have to cower in fear because God is upset with you, and what you've done. He wants you to believe you aren't worthy of God's favor, much less a miracle.

### **Bible Study:**

**For the Bible study questions, read the Scripture from two or three versions. You can find dozens of versions and translations at <https://www.biblegateway.com>**

Read Romans 6:23 Look at the verse and note how many sins it takes to qualify you for the death penalty. Note: Sin is not plural. It only takes one sin to ruin perfection and condemn you to death. To hell on earth. To hell for eternity.

Read Romans 3:23 Are you the only one who has sinned? Try as you might, chances are you can't remember your first sin. But you remember that big one, don't you? The one that haunts you? The one you think disqualifies you from God's love? The one you believe punishment will be necessary to restore you.

Read Romans 5:8 Jesus knew all the mistakes you and I would make and that we would never be able to fix or pay for them ourselves. When did he make the way for your forgiveness?

Read 1 John 1:9 This is the first step to forgiving yourself. What is it?

Read 2 Corinthians 5:17 What would a fresh start mean to you? How would being a new creation change the way you feel and function?

Read 1 Peter 2:24 & Colossians 1:13,14 Jesus paid the penalty for your sin on the cross. All of your sins? Have you received his gift?

### **Discussion Questions**

1. What was your ah-ha moment or takeaway from this lesson?
2. What lie are you believing about forgiveness that keeps you from receiving all God has for you?
3. Is it easier to forgive yourself or others?
4. Have you forgiven yourself for all your sins or is there still something you think is too big for Jesus to cover?

### **Action Step(s)**

Walk through the process of forgiving yourself.

- Confess your sin specifically
- Repent with the intention of changing
- Receive God's forgiveness
- Start over.

### **Prayer:**

Jesus, I picture you bleeding on that awful cross and I know that you did it to pay for my sins. All my sins. Forgive me for not forgiving myself. Let me believe the truth of your word that says I can forgive myself. In Your Name I Pray, amen.

### **Notes:**