

## “FABULOUS FORGIVENESS”

### Part 4: FORGIVING OURSELVES – Let It Go!

**INTRO:** We must first EXPERIENCE God’s forgiveness through confession and repentance. Then we must EXTEND our forgiveness to others. *God wants us to forgive everyone for everything every time*, including ourselves. At some point, you have to let what Jesus did on the cross for you be bigger than what someone did to you. But we must also extend grace and forgive ourselves for the heart wounds we have inflicted upon ourselves that have no doubt impacted others. Unforgiveness toward ourselves has just as many negative results in our life as when someone else wounds us – sometimes even more. Remember the downward Stages of Unforgiveness? It rings true towards ourselves, too. It leads to guilt, shame, despair, hopelessness. All unforgiveness brings personal torment.

### I. TRUTHS THAT TRANSFORM

- A. *All guilt is NOT created equal* (2 Cor. 7:10)
  - 1. *False* guilt from worldly sorrow leads to shame. Shaming ourselves is the devil’s playground. Ex-parent’s divorce, suicide of loved one, abused, etc.
  - 2. *True* guilt produces godly sorrow that leads to repentance, forgiveness, and change.
- B. *All mistakes are NOT the same.* We ALL make mistakes. These can lead to sin or even be a sin. The Scripture suggests 4 categories of mistakes:
  - 1. Panic-prompted – Abraham fled to Egypt. The spies in Numbers. For us? Usually finances and romance.
  - 2. Good-intentioned – had good motives. Wrong planning or method. Ex: Moses took matters into his own hands.
  - 3. Negligent, passive mistakes (usually men more prone). Result of laziness, busyness, inconsistency, lack of discipline. Ex-Role of the father. David (1 Kings 1:5-6).
  - 4. Blind-spot mistakes – Repeat most often because lack self-awareness. Ex-Acts 15 (Paul judged John Mark as being weak).
- C. *Satan’s strategy is to link our mistakes (sins) to our identity.* Shame says, “I am bad, useless, etc.” Your suffering is payment for what you DID. You are unworthy. He seeks to drive us away from God’s love. BUT GOD wants to use what we did to run to Him and find grace, forgiveness, mercy. Our identity is not what we do; it’s who (or whose) we are!

**TWO EXAMPLES:** Judas and Peter were both disciples called by the Lord. They both betrayed Him. PETER’s pride led him to deny Jesus, in spite of warning. See Luke 22:54-62 . . . Jesus looked and Peter “wept bitterly” – godly

sorrow led to repentance. Later in John 21 . . . Let it go and do my will. Who did God choose to give Pentecostal message? Repentant Peter! Acts 2:5ff

JUDAS sold Jesus out. Was he trying to force His hand? Don’t know. We do know what he did broke his heart (worldly sorrow) and led to his suicide (Matt. 27:3-8). False guilt from worldly sorrow is Satan’s tool to bring us to shame. True guilt God uses to bring us to confession, repentance, forgiveness, change, and service. Shame says, “I am bad!” God says, “I did something bad!”

### II. STEPS TO FORGIVING OURSELVES

They are the same steps (requirements) we took in forgiving others.

1. Open your heart to forgive yourself. State: I choose to . . .
2. Extend compassion toward yourself. State: I am not . . .
3. Release yourself from your inner heart-prison. State: I am opening...
4. Forgive yourself for any and all your heart wounds (list?) State: From my heart . . .
5. Bless and do good to yourself. Pray: Dear Lord . . .
6. Receive God’s Forgiveness by repenting for the sins you committed while you remained unforgiving of yourself (Psa. 86:5). Pray this: Dear God, I confess ...

### III. LESSONS TO LEARN

- A. *When we refuse to forgive ourselves of us our mistakes (sins), we place ourselves above God* (1 Jn. 3:19-22). Mac notes . . . In addition is the suffering we encounter for unforgiveness.
- B. *We cannot change our past, but with God’s grace and power we can change our future.* Look at Peter. God is not done. Our story isn’t finished (Phil. 1:6). God doesn’t use perfect people (there aren’t any). He uses only the forgiven (Isa. 6:1-8).
- C. *Satan brings up our past because he is intimidated by our future with God.* Remind him God forgave you.
- D. *We are NOT what we did in the past, but whose we are in the present.* We are His forgiven children. Give yourself some love!

**CONC:** Becoming a Christian does not erase our imperfections. We still make mistakes. We still sin. But forgiveness gives us hope for tomorrow. So, what do you need to forgive you of today? . . . Let it GO! (Not Disney song!). Close up the wound today. Cut yourself some slack. Give yourself a break. Forgive yourselves NOW! Jesus paid for all our mistakes and our sins. What is He seeing when He looks at you / me today? Any unforgiveness? Go home and look into your mirror and say, “I forgive you!”