

Forgiving Yourself – June 1, 2022

We've all hurt/offended other people. Sometimes accidental, sometimes thru selfishness. Forgive yourself. Unforgiveness is poison to the soul.

What is forgiveness? What it is not – condone. Hindsight.

Learning to forgive yourself is **not about forgetting**. May never be free of the actual memory of a painful event, but - free of pain & anger w/ that memory.

Forgiveness makes a trade ... pain/peace. Pain will lesson.

“Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.” – **John 14:27**

Forgiveness uses grace like a waterfall. Wash away, refresh.

Unforgiveness is an **exhausting, prideful rejection** of God's grace & love.

Wrestling with an inability to forgive self isn't humility; It's **pride**.

“See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.” – **Heb. 12:15**

Stopping short of grace leads to a bitter life... for self, others, & relationships. Trouble comes in relationships... accept abuse. Unworthy.

Defile – to desecrate something sacred; to sully (contaminate) or spoil.

Inability to forgive self will spoil relationships & sully the mind.

Grace has a few key ingredients:

1 – God is perfect, we are not. He is judge; He sets the std.

“There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?” – **James 4:12**

2 – God provided a way for us to be righteous – the cross. (not perfect)

3 – The sacrifice at the cross was based on God's love, not our actions.

We don't earn grace. It's not based on merit. It's a gift.

“For it is by grace you have been saved, through faith—and this is not from yourselves [not of your own doing], it is the gift of God—” **Eph. 2:8**

If you try to earn forgiveness, failure is inevitable.

Failing to forgive ourselves means 3 things:

- 1 – I set my own standard of right/wrong; achievement/failure
- 2 – I am my own judge.
- 3 – I am my own savior.

Not forgiving self says: “I was capable of being better, but I blew it according to my own standards of what’s best. I judge myself deficient, but I can also save myself by being better.”

Unforgiveness is negative pride; keeps us in a state of constant victimization. It will cause separation, alienation, and anger.

Unforgiveness – desire to “punish ourselves” further. ... Never enough!

We hear 2 voices: the Enemy or God. One is love, one is hate.

Enemy tells you you’re disgusting... you are a failure... you’re selfish. The Enemy says how worthless you are b/c of how you hurt other people. The Enemy reminds you of bad choices that caused guilt and shame.

♥ God’s voice is different. His voice tells how beautiful you are. He speaks words of love. He wants to lift you up, remind you – you’re work in progress.

You must choose which voice to listen to... give attention... focus.

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| Enemy wants us to see ourselves negatively. | God – positive. |
| Enemy wants to hold us in past. | God – give us a future. |
| Enemy wants us to see ourselves as bad. | God – good. Righteous. |

Forgiving yourself begins by embracing truth: God has forgiven you.

To live is to forgive . . . even oneself.

“He does not punish us for all our sins; he does not deal harshly with us, as we deserve . . . He has removed our sins as far from us as the east is from the west” (**Psalm 103:10, 12** NLT).

[Song of the week](#) – “Forgiven” by Crowder (David Crowder)