

# Forgiveness Of One's Self

Sunday PM 11/14/21

## Introduction:

We often speak of God's forgiveness and how it is obtained but another area is self-forgiveness. Lack of self-forgiveness causes almost all our self-sabotaging behavior. The young lady who gets sexually involved with an older boy and then feels used when he moves on. People often move from one toxic relationship to another because they feel that is what they deserve. This lesson deals with four questions: 1. Why can't we forgive ourselves, 2) The consequences of not forgiving ourselves, 3) How can we forgive ourselves, and 4) What happens when you do forgive yourself.

### I) Why Can't We Forgive Ourselves?

#### A) Because of a performance-based mentality.

1. Being works focus instead of grace focus.
2. I haven't done enough, suffered enough to deserve forgiveness. Haven't attended enough services, said enough prayers, given enough money, read enough Bible passages.
3. Fact: it will never be "enough" to earn forgiveness.

***Ephesians 2:8*** For by grace you have been saved through faith, and that not of yourselves; it is the gift of God,

#### B) Because we are too hard on ourselves

1. I am such a bad person.
  - a. You were made in God's image.
  - b. You were made a little lower than the angels.

***Genesis 1:26a*** Then God said, "Let Us make man in Our image, according to Our likeness  
***Psalms 8:4*** What is man that You are mindful of him, And the son of man that You visit him? **5** For You have made him a little lower than the angels, And You

***have crowned him with glory and honor.***

2. Disappointed in ourselves, beat ourselves up.
3. Peter denied the Lord three times but he repented and continued on.

***Psalms 103:13 As a father pities his children, So the LORD pities those who fear Him. 14 For He knows our frame; He remembers that we are dust.***

**C) Because we are continually reminded by other people.**

1. They point out your faults, past mistakes.
2. You can't make people stop being historical, but you can control your reaction.

***Philippians 3:13II Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.***

**II) Consequences of Not Forgiving Ourselves**

**A) Guilt**

1. "Guilt is one of the most debilitating human emotions. It wrecks destruction in our relationships and our spiritual lives. It is also a major cause of depression." Robert Jeffries
2. Guilt is mentally and physically draining. It is carrying a grudge against yourself.
3. Two examples at the death of Christ.
  - a. Judas

***Matthew 27:3 Then Judas, His betrayer, seeing that He had been condemned, was remorseful and brought back the thirty pieces of silver to the chief priests and elders,***

- i. Betrayed Jesus for thirty pieces of silver
- ii. Identified Jesus with a kiss.
- iii. Felt remorse
- iv. Took his own life.

***Matthew 27:5*** Then he threw down the pieces of silver in the temple and departed, and went and hanged himself.

b. Peter

- i. Denied Jesus three times

***Matthew 26:75*** And Peter remembered the word of Jesus who had said to him, "Before the rooster crows, you will deny Me three times." So he went out and wept bitterly.

- ii. He repented
- iii. Joined with the other disciples

**B) Uncertainty**

1. Town in Northeast Texas, population of 94.
2. Christians uncertain about – their salvation, God’s forgiveness, the future, their eternal destiny.
3. We can be certain of God’s forgiveness. David wrote: ***Psalms 86:5*** For You, Lord, are good, and ready to forgive, And abundant in mercy to all those who call upon You.
4. Paul a persecutor of Christians wrote: ***Ephesians 1:7*** In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace

**C) False humility**

1. Statements often heard - "I don't deserve any credit...I know what kind of life I've lived...Don't ever brag on me...I'm not

worthy of forgiveness...God could never forgive me.”

2. Real humility says, “I don’t deserve praise because I know what God has done in my life.

***1 Corinthians 15:10*** *But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me.*

3. “Never forget that to forgive yourself is to release trapped energy that could be doing good work in the world.” Patrick Miller

### III) How Can We Forgive Ourselves?

#### A) Recognizing and admitting the problem.

1. What are you regretting? What mistake or mistakes are holding you down?
2. Be real and honest in your self-evaluation.

***2 Corinthians 13:5*** *Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you? --unless indeed you are disqualified.*

3. Going back to King David.

***2 Samuel 12:13*** *So David said to Nathan, "I have sinned against the LORD." And Nathan said to David, "The LORD also has put away your sin; you shall not die.*

#### B) Repent of your sin

1. Sorrow is part of repentance.

***2 Corinthians 7:10*** *For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.*

2. Repentance – a change in life, in thought, in heart.

3. Make your life right with God, then with others.

**James 5:16** *Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.*

**C) Recognize God has forgiven you**

1. Unlike some people's forgiveness, God truly forgives and forgets.

**Isaiah 43:25** *"I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins.*

2. In similar fashion Paul wrote: **Romans 4:6** *just as David also describes the blessedness of the man to whom God imputes righteousness apart from works: 7 "Blessed are those whose lawless deeds are forgiven, And whose sins are covered; 8 Blessed is the man to whom the LORD shall not impute sin."*

**D) Reaffirm your trust in God.**

1. Reading through **Ps. 32 & 51** one will find phrases such as *"You forgave the iniquity of my sins", "You are my hiding place", "You preserve me from trouble", "You surround me with songs of deliverance."*

**IV) What Happens When You Forgive Yourself?**

**A) Past sins become irrelevant**

1. Paul did not allow his past sins to define him.

**Philippians 3:13-14 NKJV 13** *Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.*

2. How could Paul go past his treatment of Christians?

***Galatians 2:20*** "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

**B) We enjoy the gift of God's grace**

1. Paul acknowledged God's grace in his life.

***1 Corinthians 15:10*** But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me.

2. None of us deserve God's grace.

"Grace is an undeserved blessing. Grace manifests God's attitude of love and pity for sinful man in relieving him of guilt. To justify such relief by grace, God provided the sacrifice of His Son. To inform us of his grace, God provided special revelation. To teach us how to receive His grace, God provided the gospel made known in that revelation." Ephesians by Charles G Caldwell

**C) We are free to proclaim salvation to others.**

***Psalms 51:12*** Restore to me the joy of Your salvation, And uphold me by Your generous Spirit. **13** Then I will teach transgressors Your ways, And sinners shall be converted to You.

1. Use the lessons your learned to help others.

**Conclusion:**

Forgiveness starts with God but helps you to forgive others, to cleanse your conscious, to restore your joy. Puts the past in perspective, allows you to live in the present, preparing for the future.