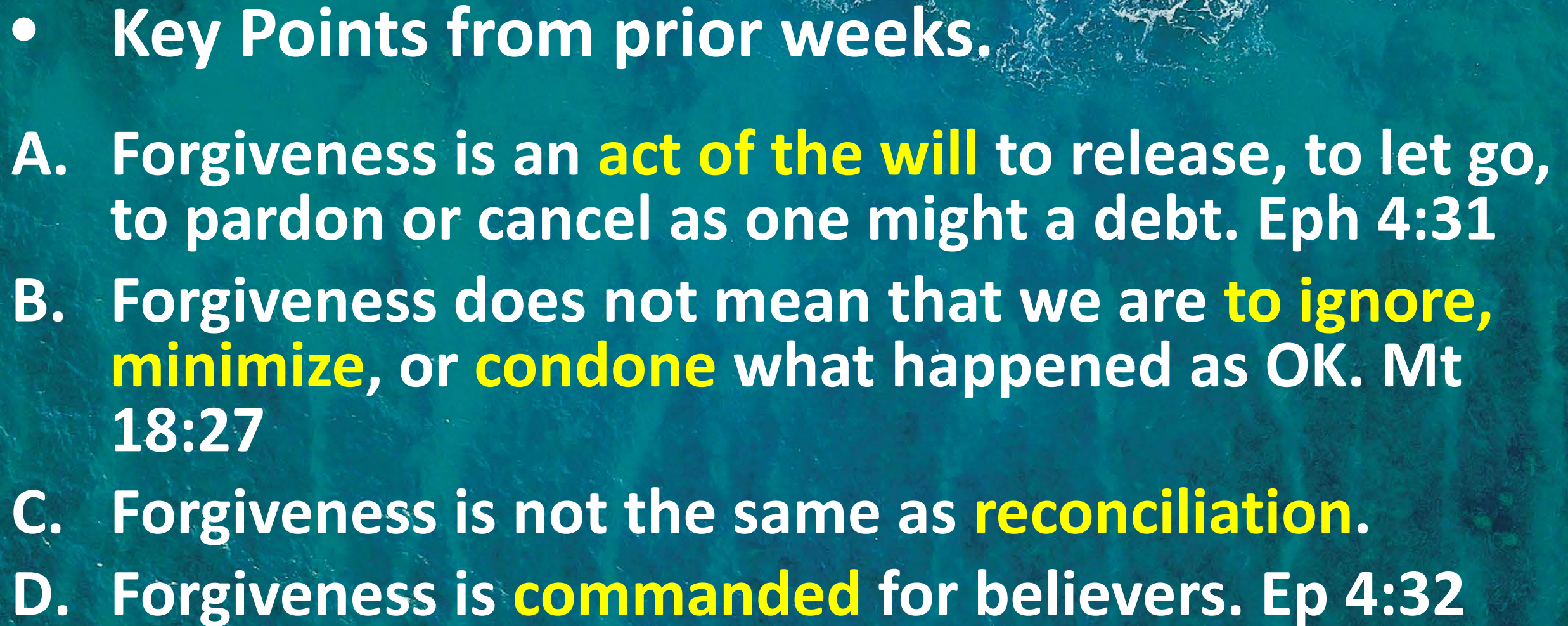




Forgiveness

How and why it works

Forgiving Ourselves
Romans 8:31-34

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- **Key Points from prior weeks.**
 - A. Forgiveness is an **act of the will** to release, to let go, to pardon or cancel as one might a debt. Eph 4:31
 - B. Forgiveness does not mean that we are **to ignore, minimize, or condone** what happened as OK. Mt 18:27
 - C. Forgiveness is not the same as **reconciliation**.
 - D. Forgiveness is **commanded** for believers. Ep 4:32



1. I have been spared because Jesus was not spared.

- Romans 6:23, 1 John 3:5, 8; Rev 12:10-11

- Rom. 8:32 He who **did not spare** his own Son but **gave him** up for us all, how will he not also with him graciously give us all things? 33 Who shall bring **any charge** against God's elect? **It is God who justifies**. 34 Who is to condemn? Christ Jesus is the one who died-- more than that, who was raised-- who is at the **right hand of God**, who indeed is interceding for us. (ESV)



2. “No one, Lord,” is our answer! We speak it back to God.

- Rom 8:33, 34

- Rom. 8:1 There is therefore now **no condemnation** for those who are in Christ Jesus. (ESV)

- Luke 6:37 **Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven;**



3. To not forgive myself is to listen to satan's voice instead of God's.

- Jam 4:7 **Submit yourselves therefore to God.** Resist the devil, and he will flee from you.
- 2Co 2:11 so that we would not be outwitted by Satan; **for we are not ignorant of his designs.**
- 2Ti 2:26 and they may come to their senses and **escape from the snare of the devil,** after being captured by him to do his will.



4. To not forgive myself is to “perpetuate false guilt.”

- Kendall, R.T. *How To Forgive Ourselves Totally*.
- Isa 53:5 But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that **brought us peace**, and with his wounds **we are healed**.



5. To not forgive myself is to separate my guilt/shame from the sin that created it.

- *Sin, shame/guilt must all be put on Jesus' back for us to have peace!*
- Isaiah 53:5b upon him was the chastisement that **brought us peace**, and with his wounds **we are healed**.
- Joh 20:31 but these are written so that **you may believe** that Jesus is the Christ, the Son of God, and that by believing **you may have life in his name**.



Total forgiveness means:

- Accepting God's forgiveness of all our past sins and failures **so completely that we equally let ourselves off the hook ... as God Himself has done.** It also means that since **I must forgive others totally**, I must equally **forgive myself totally.**
- Kendall, R.T. *How To Forgive Ourselves Totally.*



Next Step: Begin the process of forgiving yourself.

1. Ask God to reveal your unforgiveness of self.
 - Confess that you have not forgiven yourself.
2. Say these words in prayer:
 - “I forgive myself for _____ .
 - “I declare that my past will have no further bearing on my present.



Next Step: Begin the process of forgiving yourself.

- 3. Memorize Romans 8:33-34 to quote to yourself when you feel guilty about your past.**
- 4. Pray a blessing on yourself every time this act comes to your mind.**



Additional Resources

- ***Choosing Forgiveness*, Nancy DeMoss. Moody Publishers.**
- ***Forgive & Forget*, Lewis Smedes, Harper One Publishers.**
- ***Total Forgiveness*, RT Kendal, Charisma House Publishers.**