

Forgive Yourself!

➤ = next PowerPoint slide

➤ Intro:

- **illus.:** Dennis DeFeo, 54, Spring Hill, 2/8/08. After so many have hurt him, he seeks to forgive himself
- St Pete Times, TambaBay.com, By Justin George, 2/8/08

- **this lesson: Forgive Yourself** – no one is perfect, we all sin, must learn to forgive ourselves

- **note:** lesson not addressing innocent people who experience tragic events perpetrated upon them, who believe they are somehow at fault, and can't forgive themselves

- **illus.:** a person abused by a parent, who think they are somehow at fault, and can't forgive themselves

- **note:** lesson not about "how" we obtain forgiveness, but about "forgiving ourselves" once we obtain it

➤ Forgiven is not forgetting! – they're not one and the same

- Paul

- Acts 22:4 Paul remembered his past sins – not forget

➤ - 1 Cor. 15:9 persecuted the church

➤ - 1 Tim. 1:12-13 blasphemer, persecutor, violent aggressor

➤ - 1 Cor. 6:9-11 Paul reminded others of their past sins and forgiveness – not forget

- forgiving ourselves means remembering our salvation, rather than forgetting our sins

- we may still feel guilt after we forgive ourselves – pardon doesn't absolve guilty feelings

- forgiveness allows us to move forward with life, but it doesn't take away all the pain

- **illus.:** abortion

- Yahoo Answers (excerpt): a girl asks, "How do I forgive myself for getting an abortion? I got an abortion last year and I can't stop thinking about it. I wanted the baby, but my family told that I shouldn't. I don't know how to forgive myself. My life seems so empty. The days are getting better, but I know that I will never forget."

- Yahoo Answers (excerpt): a girl responds, "I got an abortion this year in January, let me just tell you, you'll never get over it. No matter how much you try, it will always be in your head from the time you wake up to the time you go to sleep."

➤ - **confusion:** some people incorrectly think must forget sin when you forgive someone (self) (Heb. 8:13)

- Heb. 8:12 God remembers our sins no more – figurative, not literal

- God is omniscient, knows all things, forgets nothing – if chose to forget, chose not to be omniscient

- God treats our sins as if they're forgotten, even though we'll be judged according to our deeds

➤ - **illus.:** judgment:

- 2 Cor. 5:10 judged for deeds in body, whether good or bad

➤ - Rev. 20:12 judgment, books opened, dead judged, according to their deeds

- forgiving ourselves is not forgetting, but treating our sins as if they're forgotten – cf. Paul (above)

- we should forgive ourselves as God forgives us

- not hold against ourselves, just as if it never happened (as if forgot)

- not have to forget, therefore always learning from mistakes

- we should focus on remembering our salvation, more than forgetting our sins

➤ **Repentance precedes forgiveness**

- **repent:** change of heart, resulting in an outward change – turn from sin to obeying God

- **Lk. 24:46-47** repentance precedes forgiveness

➤ - **Acts 2:38** repent, baptized, forgiveness

- **we must change our hearts, before God will forgive us, and before we can forgive ourselves**

- **illus.: girls (above), abortion, change heart and mind, wrong, murder, seek God's forgiveness, then seek to forgive self based on God's forgiveness**

- until come to terms with the truth, repent, God will not forgive us, we can't forgive ourselves

➤ **If God forgave you, you should forgive yourself!** – even if a sinful person refused to forgive you

- **no one is worthy of God's forgiveness – it's by grace**

- **1 Cor. 15:9-10** Paul, least apostle, what he is by grace (SR)

- **God does not forgive us based on what we deserve, but based on His mercy and grace** – so get over it

- we're all in the same boat, not matter what we've done, probably none of us have killed Christians like Paul

- only thing keeping us from forgiving ourselves is pride

- **our lives are a testimony of God's forgiveness, not a testimony of human perfection** (not exist)

- evangelism

➤ - **God cleanses our conscience, when we obey – obey, God forgives, we forgive ourselves**

- **1 Pet. 3:21** baptized, good conscience, through resurrection of Jesus

➤ - **Heb. 9:11-12, 14** conscience cleansed with blood of Christ

- **Heb. 9:9b, 13** not possible under Old Law

➤ - **1 Jn. 1:7, 9; 2:2** when sin as Christians, cleaned with blood when confess

- **illus.: girls (above), abortion, forgiving self is based solely on God forgiving us**

- if God forgives us, there's nothing preventing us from forgiving ourselves

- **forgive yourself, act accordingly** (as one who is forgiven)

- you want necessarily forget

- you may still feel guilty

- but you'll be able to move forward with life (next point)

➤ **You have to move on with life, to be profitable in God's kingdom!** – after God forgives us, we must forgive ourselves and move on

- **not put confidence in the flesh**

- **Phil. 3:3b-4a** confidence in the flesh – often results in pride, not forgiving self

➤ - **must learn to move on – putting sinful fleshly things behind him**

- **Phil. 3:7-8a** count as lose

- **Phil. 3:8** count as rubbish

- **Phil. 3:11** so may attain resurrection

- **Phil. 3:13** forgetting what lies behind, reaching for what lies ahead – **forgive self**

- **Phil. 3:14** press toward the goal for the prize – **salvation, eternal life**

- **illus.: David forgave himself, moved on: adultery with Bathsheba, murder of her husband, baby died**

- **David's sin very public and embarrassing**, recorded in Scripture for all to know for eternity

- **didn't allow himself to be paralyzed with guilt and grief**

- **evidently forgave himself, moved forward with life**, surprising the servants in his house

- **we have to learn to put the past behind us, and move forward**

- **focus on what's ahead**, rather than the past – **forgive yourself**

➤ **Summary / Inv.**

- **forgiving is not forgetting**

- **God forgave you, you should forgive yourself**

- **you have to move on with life, to be profitable in God's kingdom**

- **inv.:** forgiving yourself begins with obtaining forgiveness from God