



## Coaching Tool:

Do I Deserve Forgiveness?

I can't forgive myself because I don't deserve it.	Vs.	We never deserve forgiveness, but God forgives us anyway when we repent because Jesus died for our sins.
--	-----	--

## Examples Of What The Enemy Wants You To Think:

- I chose that sin so I don't qualify for forgiveness
- God might forgive me, but I just can't forgive myself
- What I did was too horrible
- But I knew better
- I was already a Christian when I committed this sin

## God's Truth Says:

1. **Jesus died on the cross for all our sins.**
  - a. Some sins we commit out of habit, instinct or gut reaction. Others we take the time to choose even though we know it is against God's will. No matter how we committed them, Jesus already died for them.
  - b. "Come now, let us settle the matter," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. – Isaiah 1:18
  - c. "For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us." – Psalm 103:12
2. **Satan causes shame and guilt but the Holy Spirit gives the gift of repentance.**
  - a. Satan is the accuser that brings thoughts and feelings meant to torment us with shame and guilt.
  - b. The Holy Spirit convicts with the gift of repentance, which always includes His heart of hope and redemption.
3. **Choose to forgive yourself.**



- a. We have a choice to believe satan's lies and stay in bondage, or step out of our shame and fully accept God's forgiveness.
- b. Repent to God and to yourself for the sin (whether you deliberately chose the sin or not).
- c. Accept your forgiveness that came at the incredible cost of the Son of God dying on the cross for your sins
- d. Give yourself that same compassion and forgiveness.

**Watch This Video:**





### **Questions To Help You Process This Concept:**

1. Is there anything in your past or present that you are still feeling guilt or shame over?
  
2. Have you repented of that sinful habit, decision, or reaction? Repentance is not only feeling sorry for your sins, it is also taking responsibility and then changing or turning around in your attitude and behaviors. Repentance includes making different decisions to remove the habit, avoiding temptations, and choosing to seek to understand God's heart.
  
3. If you've repented, have you truly accepted God's forgiveness? Even when your emotions may not line up, are you verbalizing your acceptance of God's forgiveness?
  
4. Jesus died for ALL your sins. Are you forgiving yourself for those sins? If not, do you realize that you've been saying you're better than God? He forgives you. Truly accepting His forgiveness means forgiving yourself.



### **Exercises:**

1. Make a list of areas that you still feel shame and guilt over.
2. Repent to God for each sin on the list.
3. Say out loud, "I accept God's forgiveness for \_\_\_\_\_" for each sin.
4. Then, say out loud, "I forgive myself for \_\_\_\_\_" for each sin.
5. To symbolize destroying the bondage of guilt and shame that comes through not forgiving yourself, permanently destroy that list.