

# FREEDOM IN FORGIVING ME

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OPEN: Story

Stopped bringing his family to church. That's a violation of the scripture.

Hebrews 10:24-25 "And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup>not giving up meeting together, as some are in the habit of doing..." (NIV=New International Version)

1. Many believers live in guilt and shame \_\_\_\_\_ God has forgiven them. But carrying that weight can hinder your relationship with God, your spouse and others.
  - Forgiving yourself is \_\_\_\_\_ ABOUT denying sin, it's about accepting the full \_\_\_\_\_ of God's \_\_\_\_\_ and \_\_\_\_\_.

Psalms 51:1-12 (read)

- Context: After David committed adultery with Bathsheba and arranged her husband's death, He repented.
- Psalm 51 is a prayer of repentance
  - David \_\_\_\_\_ his sin fully (VS 3-4)
  - He appeals to God's mercy, not on his \_\_\_\_\_ (VS 1-2)
- Not forgiving yourself is taking God off the throne of your life and you becoming God of your life again.
  - It's like those religions that beat themselves until they punished themselves enough to be forgiven.
  - It's arrogant to think the atoning work of Christ isn't enough for you to be forgiven and you must add to it by punishing yourself.
  - David asks for \_\_\_\_\_ and \_\_\_\_\_ (VS 8-12)
- When we choose to live in the guilt and shame of our sin, the very thing we hate doing, we will continue to do, just like a hamster running on a wheel in his cage, there is no end.

Proverbs 26:11 "As a dog returns to his vomit, so fools repeat their folly." (NIV)

2. What can we learn from this? You can't earn forgiveness; it's a gift from God's mercy and grace.

Romans 8:1-2 "Therefore, there is now no condemnation for those who are in Christ Jesus,  
2because though Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death." (NIV)

- Key truth: If God \_\_\_\_\_ condemns you, why should you condemn yourself?
- Self-condemnation is a form of \_\_\_\_\_ - it says your sin is greater than the cross of Christ!
- God's forgiveness is \_\_\_\_\_!
- When you revisit forgiven sins in guilt, you are reopening a case God already \_\_\_\_\_.

Hebrews 10:19-23 (read it)

- God deals with your guilt and shame, so you don't have to.

John 21:15-19 (read it)

- Peter is restored.

1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (NIV)

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#### Discussion Questions:

1. Why is it often easier to believe that God has forgiven us than to actually forgive ourselves?
2. In what ways does holding on to guilt and shame keep us from walking in the purpose God has for us?
3. Can you think of a time you did forgive yourself? Was it immediate or did it happen after a period of beating yourself up in guilt and shame?

