

Self-Forgiveness

Revelation 3:20

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

1. Read Revelation 3:20 and replace the words “any man, him, and he with your name. Do you understand what Jesus is saying? ***He wants to have fellowship with you!***

2. Read Genesis 4:1-16.

Who were Cain and Abel? _____

Why did Cain kill Abel? _____

For what had God judged both Cain and Abel? _____

God had instituted the idea of an offering to demonstrate His willingness to have fellowship with man.

3. Read Romans 3:23 and 6:23. From these two verses it is evident that we all have a serious problem. Like Adam, Eve, and Cain, we have sinned. The penalty for sin still remains—death!

But God has provided a way for us to continue to have fellowship with Him.

Read Leviticus 6:6-7

What kind of offering is he talking about? _____

The priest will make _____ for him before the Lord.

The word “atonement” means “to cover”. It is the Hebrew word translated “coat” as in a “coat of paint”.

Read Hebrews 10:3-4.

What is the annual sacrifice a reminder of? _____

What is it unable to do? _____

Read Romans 5:12. How many are under the death penalty? _____

4. If death is the penalty for sin, why doesn't God just kill everyone? Is there something else He wants besides retribution? Yes! God wants fellowship with us. The entire sacrificial system was a means to hold off His system of justice while He made provision for sinful men and women to be rescued.

5. God's provision for sin's penalty is Jesus. Read Hebrews 9:11-22

According to v. 12, how many times did Jesus die? _____

According to v. 22, there is no forgiveness without _____

Read Colossians 2:13-14

What was cancelled (blotted out)? _____

To what was it nailed? _____

Read Ephesians 1:7

What two things does every believer receive in Jesus?

R _____

F _____

6. Our sins have been atoned for by the death of Jesus.

Read Colossians 2:13 again.

How many of our sins are forgiven? _____

The biblical term for God's decree that we are no longer guilty is justification. According to Romans 5:1-2, what three things do we have as a result of our justification?

Peace with _____

Access to His _____

Hope of the _____

7. Here's what we have seen so far:

- God wants to have fellowship with us.
- Sin is a serious problem and requires death.
- God instituted the sacrificial plan to hold back His justice.
- Jesus became our sacrifice for sin.
- We are...

redeemed

forgiven

at peace with God

able to access His grace

able to experience the hope of His glory

8. *Is God really all that anxious to forgive sin?*

Read Luke 15. These are three wonderful parables of Jesus. His goal is to illustrate the nature of God. Write down some of your insights about God from this chapter.

If you were the one sheep that was lost, would God go looking for you??

_____ (*I hope you put "yes"!!*)

Do you think there is rejoicing in heaven over you? _____

From the story of the prodigal son, how do you imagine the father's face when he sees his son coming home?

God is ready with open arms to forgive anyone who comes to Him.

9. Since forgiveness is such a great part of God's nature, should it be a great part of your new nature as well? _____

But to whom should you give forgiveness? Let me suggest ***two groups*** that you must forgive:

- those who have sinned against you
- yourself

The Forgiveness Lesson covered the first — this lesson will focus on forgiving ourselves.

10. The basis for self-forgiveness is our ***forgiven-ness!*** God has chosen out of His grace, to forgive us and to give us His nature. That nature lives in us and wants to get out and forgive others as well as forgive us.

Jesus has made atonement for our sins and given us the responsibility and privilege of forgiving ourselves.

11. ***Consequences of not forgiving ourselves:***

The unforgiving spirit produces:

- ***Self-punishment.*** We replay our sins over and over. This self-inflicted incarceration heaps guilt upon guilt.

- **Uncertainty.** We are never really sure that God has forgiven us. We are not sure of where we stand with God and feel unworthy of His blessing.
- **Sense of unworthiness.** Because we are guilty we feel unworthy. We say, “*why should God answer my prayer?*” or “*Why should I receive anything from God.*”
- **Excessive behavior.** Overcoming guilt by excessive behavior is very prevalent. People try drugs, alcohol, sexual affairs, material possessions, eating, etc. to cover their guilt.
- **False humility.** Our humble face serves as a mask to keep us from seeing our true face. It is very difficult to receive a compliment.
- **Self-deprivation.** We deprive ourselves of things God wants us to enjoy.

12. *Why we can't forgive ourselves:*

- **Performance-based forgiveness.** Our difficulty is in *feeling* forgiven not in actually being forgiven. We believe we have to earn forgiveness. This is a lie from the pit of hell!
- **Disappointment in self.** We have difficulty accepting the truth about ourselves. We might disappoint ourselves, but we do not disappoint God!
- **Accept Guilt.** Freedom from guilt is too scary. We have learned to live with the guilt and can't imagine being without it.
- **Expectation of Sin.** This also is unbelief and a works-based attitude toward ourselves. Paul said he put *no confidence* in the flesh. Should we?

13. *How to forgive yourself:*

- **Recognize the lack of forgiveness.** Identify specific things that you are holding against yourself. Write them down.
- **Repent.** Tell the Lord that you have been holding yourself captive, and you want to change that now! Admit that what you did was sin and that your lack of self-forgiveness is sin.
- **Reaffirm trust.** Tell the Lord that you trust His Word. Tell Him you believe He has forgiven you for your sin.
- **Receive freedom.** Confess your freedom in Christ by claiming His forgiveness and forgive yourself for each offense. Use the Prayer Agenda on the next page., filling in your name for the one you are forgiving. Be specific. Be thorough. Speak the words out loud so you and the devil can hear them.
- **Renounce unbelief.** It is very important to break the chains of bondage by renouncing the devil's hold on you through unbelief.

14. *Keep your freedom by always forgiving yourself.*

The Prayer of Forgiveness.

*The following prayer agenda was developed over many years and includes every detail necessary to set you free. Do not leave any part out!
The italicized-bold words are important parts of the prayer.*

Dear Heavenly Father,

It is **my choice** today to forgive (*name the person who offended you*)

...for the offense which he/she brought against me (*describe the offense briefly*).

I forgive him/her **unconditionally** for the things done which brought hurt in my life.

I **drop every charge** which I have brought against him/her and **give up the right** to ever charge him/her again for this offense.

I **cancel every judgment** I have made against him/her.

In the name of the Lord Jesus Christ **I release** him/her **from all responsibility** for the hurt which he/she caused me regardless of how badly I was hurt.

Heavenly Father, I drop every charge I've had against you for permitting this to happen to me and please forgive me for any way that I have blamed you in this offense.

As I have forgiven _____ for the hurt I have experienced, please forgive me of my hurt, bitterness, anger, and unforgiveness.

Holy Spirit, **please come and heal my thoughts, my emotions and my memories** from all the damage and defilement caused by my offense.

Thank you, Father, for my healing.

(It may be necessary to repeat the prayer. Continue until you have peace.)