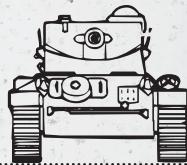


FORGIVING YOURSELF



WARM UP

Did you know that Las Vegas has opened a call-in phone service called "Connection Confession"? It is a service where people can call and confess their sins to a recording - a confession hotline. Here is how it works - for a fee of \$9 per 3 minutes, you can record your sins so that "what happens in Vegas stays in Vegas". And for a few extra bucks, you can listen to the sins of others so that you don't feel so bad about yourself. Amazingly, the service is being bombarded by calls. As one of the originators said, "It's a technological way to get something off your chest without the embarrassment that comes from confessing one on one".



BACKGROUND

Many of us have a sense of unworthiness as the devil does instant replays of our sins in our minds. "Why should God answer my prayer? He won't hear what I am saying." This unworthiness affects our intimacy with God, and our service for Him. For example...

- Adults who said cruel things as children or engaged in sin as teenagers look back with shame on their actions.
- Men and women who divorced their spouses carry feelings of guilt.
- Parents who drove their children away from home and feel like they ruined their children's lives.

READ 1 John 3:19-21



QUESTIONS

1. What are the areas of sin or brokenness that affect you, and how do you try to battle with them?
2. What are some of the victories that you have experienced in overcoming sin?

3. Have there been times when you felt unworthy? How has this affected your relationship with God?

4. How important is forgiveness in your life? God's forgiveness, as well as the forgiveness of others.

CONSIDER THIS

Charles Colson was President Nixon's aide who was sent to jail because of Watergate. Did you know that as a result of his mistakes, this former convicted felon founded Prison Fellowship - the world's largest Christian outreach to prisoners and their families? Prison Fellowship has more than 50,000 volunteers working in prisons in 88 countries. And it got its start 25 years ago because of Colson's crime.

WRAP UP

How can we forgive ourselves?

1. **Recognise the problem:** I have not forgiven myself so I am in bondage
2. **Repent of sin:** We must repent of the sin of not forgiving our self.

Unforgiveness is not in keeping with God's Word. Thank Him for His forgiveness.

3. **Reaffirm your trust:** We must reaffirm the testimony of Scripture. *"As far as the east is from the west, so far has He removed our transgressions from us."* Psalm 103:12

4. **Confess your freedom:** "Lord Jesus, on the basis of your Word, by an act of faith, I forgive myself here and now because You have already forgiven me. I accept my forgiveness and choose to be free from all that I have held against myself. Please confirm this freedom by the power of your presence and peace, in Jesus' name."



IT'S TIME FOR PRAYER

MY RESPONSE AS A PROMISE KEEPER

I will give thanks to Him who loves us and has released us from our sins by His blood (Rev 1:5).

