

HOW TO FORGIVE YOURSELF

My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father Jesus Christ, the Righteous One. 1 John 2:1

Questions Of Interaction

- What do you understand by the word guilt? Give examples of why do we feel guilt
- Have you ever felt guilty for something you did or stopped doing?
- How can we be free from guilt?

Introduction: Guilt is the product of the abundance of sin in the world, many believers still feel guilty for some of their past sins. They have not forgiven themselves and have not believed the Act of Jesus Christ in the Calvary. In life it is difficult to forgive others, but sometimes it is even more difficult to forgive ourselves, the past or present mistakes, with our children, friends or family it brings guilt into our lives and the mistakes of our past can affect our future and present.

I. WHAT IS GUILT?

- A. The word guilt comes from the greek “hupodikos”,it means **one who is under judgment and suffering consequences or punishment for their bad actions**. It is a feeling of being in a bad relationship with God. When our concience is violated, it produces guilt, and guilt produces anxiety. **All of this is asociated with the fear of being punished for the bad actions.**
- B. When we deny the feelings of guilt through rationalization and try to hide them, guilt is transferred from the conscious to the subconscious and as a consequence panic attacks arise.

II. CHARACTERISTICS OF A PERSON WITH GUILT

They Punish Themselves. “ I need to suffer because I deserve it ” **We do not need to suffer more to be forgiven or accepted , Christ already payed the price on the cross.**

- A. **They Feel Unworthy.** They feel inferior comparing all the time with others, they have thoughts like: “¿Why should God answer my prayers?” “¿Could I be worthy of God’s forgiveness, with all the things that I have done?” “¿Can God use me?” Although we are unworthy, It is by grace that we are forgiven. (Hebrew 10.19-21).
- B. **Develop Compulsive Behavior.** They start abusing Drugs, Alcohol, sexual adventures, materialism, overworking, food or shopping.
- C. **Develop A False Humility They think they are not worthy of anything and they deprive themselves of things** “I don’t deserve this, because I am bad”.

III. CONSEQUENCES OF GUILT:

- A. Guil torments us constantly. The shadow of guilt followed King David after sinning. (Psalm 51:3) Remembering our mistakes can steal our peace.
- B. Guilt brings sadnesss, depression and sickness into our life. Psalm 51:8
- C. Guilt makes us feel far from the prescence of God. Psalm 51:11
- D. Guilt steals our joy. Psalm 51:12
- E. Guilt steals the desire to serve the Lord and the people. Psalm 51:13

A. FORGIVENESS IS THE SOLUTION TO THE FEELING OF GUILT

B. God forgives us when we repent, but we must learn to forgive ourselves. Remember that God will speak of your virtues not of the shame from your past. **Example:** In the hall of fame of Hebrews God does not mention sins or weaknesses of these characters, He speaks of their exploits and sacrifices that they did and for that he placed them in the hall of heroes of faith. Hebrew 11:4-32-33

C. Remember the rules of forgiveness of God for us.

1. God will not think about this incident.
2. God will not mention this incident or use it against me.
3. God will not speak of this incident to others.
4. God will not allow this to interfere or get in between our relationship

D. God does not despise a repentant heart and forgave you. Psalm 51:17. Practice the rules of forgiveness for yourself.

1. I will not think about this incident.
2. I will not mention this incident or use it against me.
3. I will not speak of this incident with others.
4. I will not allow this incident affect my relationship with God.

Conclusion: Remember that guilt leads away from God but forgiveness brings you closer to Him, this is the time to receive his forgiveness, and can forgive and forgive yourself through the sacrifice of his son Jesus, receive Him into your heart and let him fill you his joy and peace!!!

WEEKLY ANNOUNCEMENTS:

- **3 Days Of Power retreat For Adults: December 5-7.**
- **3 Days of power retreat For Adults: December 12-14.**
- **Christmas Play, “ Christmas is so much more”**
 - **Friday December 21 at 6:30**
 - **Saturday December 22 at 6:30**
 - **Sunday December 23 at 11:00 AM and 2:00PM**

SINNERS PRAYER

Lord Jesus I recognize that I have sinned and that you died for me, today I repent and ask for forgiveness. I give you my life and heart so you can be my Lord and Saviour, Amen.