



Forgiving Yourself Psalm 32:1-5

Sometimes a person says, “Years ago I committed a terrible sin; I’m so ashamed I can hardly talk about it; I don’t know if I’ll ever be able to _____ myself.” The problem is not in God’s ability to forgive but in the penitent believer’s _____ to forgive himself.

When a person sins, he sins against _____, but many don’t realize the _____ sin causes to the person who commits it. Sin is an _____ against God, but it’s also an _____ against one’s self. Speaking of “wisdom” the book of Proverbs says, “But he who sins against me _____ himself” (Proverbs 8:36). Sin is the _____ of the worst heartaches of mankind (Galatians 6:7-8).

The conscience is a God-given function of the _____. The conscience works as a _____ monitor praising us or condemning us. This function of the conscience is described in the _____ (Romans 2:14-15). When a person sins, his conscience pricks his heart, causing him a lot of _____. This pricked conscience causes a person to be grieved and he can lose all _____ for himself. You remember the prodigal son no longer felt _____ to be called the son of his father, but it was his conscience and the terrible effects of his sin that brought him to his _____. God didn’t give us a conscience to _____ us but to keep us from doing what is wrong and to encourage us to do what is right.

Everyone has a conscience, but not every conscience uses the _____ of God, the Bible, as a basis for what is right and wrong. Many people sin against God and don’t even know what they did was _____. They rely on their own experience or their own judgment rather than take the time to _____ the Scriptures and learn what God says. Others allow sin to _____ the conscience (Hebrews 3:12-13). When a person gets past feeling _____ it is not likely he is going to repent.

Of all of God’s _____ there is nothing more valuable than forgiveness (2 Corinthians 5:19; Hebrews 8:12; Psalm 103:10-12). Forgiveness ends the shame and the guilt by blotting out or removing the offenses and settling the matter once and for all by the _____ of Jesus Christ (1 Peter 2:24; Romans 6:4-11; 2 Corinthians 5:17). You can’t forgive yourself until you have made a _____ in your heart and life.

There are four things you can do to _____ yourself.

Be sure that you have genuinely _____. Repentance is not only turning away from sin; it’s also a turning _____ God (1 Thessalonians 1:9). You will have a hard time forgiving yourself if you fail to _____ your life up with God (Matthew 12:43-45).

You must focus your attention on what you have _____, not on what you were! The apostle Paul was _____ of a number of terrible sins (1 Timothy 1:12-16), but that was not his focus (Philippians 3:13-14). He focused on what _____ was doing in his life and on what God wanted him to do (1 Corinthians 15:9-10). Knowing God’s forgiveness, he could put the past _____ him and focus on the will of God.

If you want to forgive yourself _____ God instead of your feelings. God never _____; He will do just what He promised in His word. (Read John 8:34 and verse 36.)

If you want to forgive yourself _____ close to God. If you want a _____ conscience, “submit to God,” “resist the devil,” “draw near to God,” and you will have the strength to forgive yourself (James 4:7-8).