

When You Say “I Can’t Forgive Myself”

To Forgive...Divine - Part 3 of 6

“Blessed is he whose transgressions are forgiven, whose sins are covered.”
Psalm 32:1

David says to God: “Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.”
Psalm 51:4

Three ways we try to earn forgiveness:

- **Restitution.**
- **Feeling sorry.**
- **Self-inflicted punishment.**

Five Answers for Guilt Self-Forgiveness

1. **Confess** your faults.

David: “I recognize my faults. I’m conscious of my sin.”
Psalm 51:3 (Good News)

“You’re always ready to accuse your own brothers and find fault with them.”
Psalm 50:20 (Good News)

“A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba. Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.”
Psalm 51:1

“...I decided to confess them to You and You forgave all my sins.”
Psalm 32:5 (Good News)

2. **Accept** God’s forgiveness.

“There is no condemnation now for those who live in Christ Jesus.”
Romans 8:1 (Good News)

“The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.”
Galatians 5:19-21

“He went on: ‘What comes out of you is what defiles you. For from within, out of your hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile you.’”
Mark 7:20-23

“Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners – of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.”

1 Timothy 1:15-16

3. **Believe** God’s Word.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”
1 John 1:9

God: “I, I am the One who erases all your sins, for my sake; I will not remember your sins.”
Isaiah 43:25 (NCV)

“The heart is deceitful above all things and beyond cure. Who can understand it?”
Jeremiah 17:9

Paul: “I care very little if I am judged by you or by any human court; indeed, I do not even judge myself. My conscience is clear, but that does not make me innocent. It is the Lord who judges me.” 1 Corinthians 4:3-4

4. Confess to **another person**.

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”
James 5:16

“If you forgive the sins of anyone, their sins are forgiven; if you do not forgive them, they are not forgiven.”
John 20:23

5. Make **reparations** when you can.

“If it is possible, as far as it depends on you, live at peace with everyone.”

“The Lord said to Moses, ‘Say to the Israelites: ‘Any man or woman who wrongs another in any way and so is unfaithful to the Lord is guilty and must confess the sin they have committed. They must make full restitution for the wrong they have done, add a fifth of the value to it and give it all to the person they have wronged.’”
Numbers 5:5-7