

## **Forgive Yourself ? NOT Biblical**

1. Only God can forgive
2. Holding on to shame is unhealthy and a lie of the devil.
3. You don't believe God's word if you don't think He has forgiven.
4. Your pride is camouflaged as self pity.
5. You don't know who you are in Christ if you think your damaged goods.
6. To repent and own your offense is power.
7. Either Christ sacrifice was enough, or it wasn't.
8. To "wallow" is a weak, selfish, victim mentality.
9. Only self centered people think they need to forgive themselves.
10. "forgiving yourself" comes from pop culture and psychology not the Bible.

## **Here are 20 verses on forgiveness, but nothing found about forgiving yourself!**

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 Peter 5:7 Casting all your anxieties on him, because he cares for you.

2 Corinthians 5:17-18 Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation;

Ephesians 4:32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Mark 11:25 And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."

Luke 17:3-4 Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him, and if he sins against you seven times in the day, and turns to you seven times, saying, 'I repent,' you must forgive him."

Matthew 6:14-15 For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Colossians 3:8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.

Acts 3:19 Repent therefore, and turn again, that your sins may be blotted out,

Philippians 4:8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Psalm 103:10-11 He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;

Romans 5:1 Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

Romans 8:1 There is therefore now no condemnation for those who are in Christ Jesus.

Philippians 3:13 Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead,

Psalm 32:5 I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin.

Proverbs 28:13 Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Psalm 103:12 As far as the east is from the west, so far does he remove our transgressions from us.

Isaiah 1:18 "Come now, let us reason together," says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.

Micah 7:18-19 Who is a God like you, pardoning iniquity and passing over transgression for the remnant of his inheritance? He does not retain his anger forever, because he delights in steadfast love. He will again have compassion on us; he will tread our iniquities underfoot. You will cast all our sins into the depths of the sea.

Galatians 2:20 I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.