

# GETTING OVER IT

Learning to forgive.

- Forgiveness doesn't change the past, it changes your future.

## Not all guilt is the same:

- False guilt: Carry something that is not your fault.

- Good guilt: When remorse draws us closer to God.

10 For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

2 Corinthians 7:10 (NLT)

- Bad guilt: When what we've done defines who we are, stays with you.

- Satan wants to use your guilt to drive you away from God!

- God wants to use your guilt to draw you to His grace.

- We are unqualified to forgive ourselves.

## The wrong way to pursue forgiveness:

- We want forgiveness without acknowledging guilt.

- We want forgiveness without repentance.

18 But I confess my sins; I am deeply sorry for what I have done. Psalm 38:18 (NLT)

- We want forgiveness without responsibility.

- The forgiveness we need is something we must ask for.

- We need to ask God for forgiveness.

9 If we confess our sins, he [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9 (NIV)

3 When I refused to confess my sin, my body wasted 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. 5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone. Psalm 32:3-5 (NLT)

- We need to ask those we've wronged for forgiveness.

23 "So if you are standing before the altar in the Temple, offering a sacrifice to God, and suddenly remember that a friend has something against you, 24 leave your sacrifice there beside the altar and go and apologize and be reconciled to him, and then come and offer your sacrifice to God. Matthew 5:23-24 (TLB)

## Forgiving ourselves is...

- ...based on accepting God's forgiveness.

8 If we say that we have not sinned, we are fooling ourselves, and the truth isn't in our hearts. 9 But if we confess our sins to God, he can always be trusted to forgive us and take our sins away. 1 John 1:8-9 (CEV)

- ...based on righting our wrongs, when we have the means to do so.

6 ...If any of the people—men or women—betray the Lord by doing wrong to another person, they are guilty.

7 They must confess their sin and make full restitution for what they have done... Numbers 5:5-8 (NLT)

- Accepting forgiveness doesn't change what you've done, it changes who you are.

## When we accept God's forgiveness:

- We accept God's love.

"Long ago, even before He made the world, God chose us to be His very own through what Christ would do for us; He decided to make us holy in His eyes, without a single fault--we who stand before Him covered with His love." Ephesians 1:4 (TLB)

- We accept God's word.

"I am the God who forgives your sins, and I do this because of who I am. I will not hold your sins against you." Isaiah 43:25 (GNT)

- We accept God's pardon.

1 So now, those who are in Christ Jesus are not judged guilty. Romans 8:1 (NCV)

...I will not hold your sins against you. Isaiah 43:25 (GNT)

12 He has removed our sins as far from us as the east is from the west. Psalm 103:12 (NLT)

12 I will forgive their wickedness, and I will never again remember their sins. Hebrews 8:12 (NLT)

- We accept God's Gift.

9 Then the LORD said to Joshua, "Today I have rolled away the shame of your slavery in Egypt." Joshua 5:9



## TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

### Questions for Connection Groups:

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- Do you have a difficult time forgiving yourself? Without sharing what it is, are you carrying guilt from your past? How does carrying guilt affect our lives?
- Have you found that forgiveness changes your future? Explain.
- Talk about the different kinds of guilt people experience.
- This point was made during the Talk - "We are unqualified to forgive ourselves." Talk about what that means and why that is so important.
- Many people, in the world's culture, have a wrong pursuit of forgiveness. Talk about the three points under that subheading.
- If you have wronged someone, do you go to them personally and ask for forgiveness or just ask for forgiveness from God (or neither)? Why is it important that we go to God and the person we have wronged?
- Why is "forgiving ourselves" based on accepting God's forgiveness and righting the wrongs we have committed?
- How does accepting forgiveness from God and others change us?
- Do the points, under "When we accept God's forgiveness:", change how you see yourself? explain.

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