



# Learning to Forgive Yourself

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## Why I Can't Seem to Forgive Myself

1. Poor understanding, haven't grasped or doubt the scope of God's Forgiveness.
2. Feel your sin list is too great. You're unpardonable in your mind.
3. The harder your heart was about admitting sin - the harder it may be to forgive yourself.
4. Years of secrets and shame are hard to release.
5. Hypocrisy. When you pretend to be something you are not or doing better than you are.
6. Guilt over Unconfessed Sin. Some issues are not dealt with - not brought into the light.
7. Partial Confession - Lying to self or others that you have come clean.
8. Minimization of Sin - Denial of Sin - Public vs Private "knowing." Lying to yourself.
9. Failure Syndrome - It's all my fault. It's always been my fault. Rejection Theology
10. Pride & Perfectionism means you can't or won't humble yourself.
11. Made no amends for sin against others. Haven't completed what God requires.
12. Holding bitterness toward others who have hurt you - carries inner guilt.
13. Rejection by others with no forgiveness extended. Guilt implied - shame assumed.
14. Failure to accept God's view of you - a much-loved child of God fully forgiven.
15. No Confession Verification: To pray with others is a public event. Someone witnessed it.

## Steps to Forgiving Myself

1. Make a full confession - come clean - before God and others involved - those you've hurt.
2. Avoid partial or progressive disclosure with others - humbly own it all.
3. Stop lying to yourself. Admit it all. No secrets. Nothing in the shadows.
4. Get your mind clear and your Theology straight about the completeness of God's Forgiveness.
5. Work through your Confession work with another brother - James 5:16.
6. Make a sin list and work through your list before God one at a time.
7. Pray out loud before God and one other.
8. Accept God's full forgiveness with your complete confession.
9. Ask God to remove your shame and guilt - to release you.
10. Claim your forgiveness as an act of faith. God's word says it. I accept it.
11. Fight the accuser - the Devil - who doesn't want you to experience forgiveness freedom.
12. Make Amends. Do the work to remove the Dark Cloud over you.
13. Reconcile relationships as much as you are able.
14. Make Restitution wherever you can.
15. Walk in forgiveness keeping short accounts with God and others.