

Forgive...*myself*?



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The Bible is full of verses about God **forgiving** us, and us **forgiving** others. But there seems to be no clear commandment from God to **forgive ourselves**. Even hearing the phrase, **'forgive yourself'** can make Christians uncomfortable.

Unfortunately, many of us live with **destructive** 'self-talk' and **self-deprecating** thoughts all day-- most of which we're unaware. Those **condemning** thoughts are not the voice of our Heavenly Father and Good Shepherd.

**"For if our heart condemns us,
God is greater than our heart, and knows all things.
Beloved, if our heart does not condemn us,
we have confidence toward God." John 3:20-21**

I believe **mean thinking** towards ourselves is rooted in "**self-unforgiveness**" and a lack of love. I've concluded that it is not only biblical but also imperative that we **forgive ourselves**.

Here's how it seems to go:

God has **forgiven me**. (1 John 1:9, Ephesians 1:7, Colossians 1:13-14, Psalm 103:12, Micah 7:18-19, to name a few)

If I do not turn to Him and receive His **forgiveness**, I'm not in **agreement** with Him.

I don't know about you, but I don't want to be **out of agreement** with the Lord my Creator.

So, I **step into agreement** with Him, confess my wrong-doing, turn away from it, and receive His gift of **forgiveness**. And if I **agree** He has **forgiven me**, then I need to **forgive me** too, right?

Simply said, if I do not **forgive myself** as well, then I'm not in **agreement** with God. It's as if I've said,

*'Thanks for Your forgiveness, Lord, but...
it's obviously not a good idea, because I refuse to do it too.'*

If I do not **agree** with God, then I've called him a **liar**. *Ouch*.

Either we accept He has **forgiven us** and walk in **agreement** with Him by **forgiving ourselves** as well, or...we don't receive His **forgiveness**. The latter is a **dangerous** place to hang out.

Living with **lies** holds us back from countless opportunities to be **at peace with God, at peace with others, and at peace with ourselves**.

He wants us set free to share His **truth** with others!

CHALLENGE

Forgiving and being **forgiven** is glorious! Why would we not partake?
It's the most
freeing,
joyful,
exuberant,
exhilarating way to live.

You've probably heard it said,
*"When you refuse to forgive someone, you're drinking the
bitter poison that's meant for them to drink."*

Could it be, when we refuse to **forgive ourselves**,
we drink of that **bitterness...**
double?

Let's **agree** with God today! Be **forgiven**, **forgive others**, and **forgive yourself**. Life is too short to miss out on that thrill.

*"Repent therefore and be converted, that your sins may be blotted out,
so that times of refreshing may come from the presence of the
Lord, and that He may send Jesus Christ,
who was preached to you before,
whom heaven must receive until
the times of restoration of all things,
which God has spoken by the mouth of all His holy prophets since the world
began." Acts 3:19-21*

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