

FORGIVING YOURSELF

June 6, 2021 Various texts by Bob Branch
The Power and Complexity of Forgiveness, part 8

QUESTION: How do you recover from an Epic Fail and the bitterness toward yourself in its wake?

PETER'S RESUME OF FAILURES:

"Depart from me, Lord, because I am a sinful man!"

Luke 5:8 LEB

"But when he saw the wind, he was afraid and beginning to sink..." **Matthew 14:29-30**

"how often should I forgive someone who sins against me?" **Matthew 18:21-22** NLT

"Get behind me, Satan! You are a hindrance to me."

Matthew 16:23 ESV

"You will never wash my feet..." **John 13:6-8** CSB

"Simon Peter, who had a sword, drew it and struck the high priest's servant, cutting off his right ear." **Jn. 18:10**

"He began to call down curses, and he swore to them, 'I don't know the man!'" **Matthew 26:74**

"The Lord turned and looked straight at Peter..."

Luke 22:60-62

"Simon, do you love me?" "Yes, Lord, you know that I love you." **John 21:16**

WHAT HAPPENS INSIDE WITH AN EPIC FAIL?

- **Overwhelming, crushing guilt.**

"... the sorrow of the world works death." **2 Cor 7:10**

- **Accusing thoughts.** (Rev. 12:10; Zech. 3:1)

- **Resentment toward ourselves.**

"the mouth speaks what the heart is full of." **Lk. 6:45**

- **Self-sabotage/destructive/harming behavior.**

"I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate." **Romans 7:15** NLT

- **Self-fulfilling prophecy.**

- **Family-fortified judgments/curses.**

- **Withdraw from others.**

FORGIVING YOURSELF

1. _____ **with you in it.** (Ps. 52)

2. _____ **to let the bitterness go.**

"I choose to forgive you for _____"

"Forgive us the wrongs we have done as we ourselves release forgiveness to those who have wronged us." **Matthew 6:12** TPT

3. Use _____ **to help you release it all.**
(Heb. 10:22)

4. _____ **everything to God.**
(1 John 1:9)

Are you holding anything against yourself today that you need to work through forgiveness for?

What does your self-talk say about that?