

Seek First the Kingdom of God at 6:33 series

## Forgive Yourself -Part 3 Continuation

**A. Being in F.A.I.T.H. = Factual Authentication Indisputably Truthful in Heaven.**

**B. Being in F.E.A.R. = False Evidence Appearing Real.**

**C. Which Voice: Your Voice, the Holy Spirit's Voice, or the Devil's Imitator Voice?**

1. Matt 6:14-15 14 For if you forgive men their trespasses, your heavenly Father will also forgive you. 15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.
2. Operating in Faith is partnering with the Holy Spirit and obeying His voice.
  - a. Are you going to obey the voice of the Holy Spirit when you need to forgive yourself?
3. Operating in Fear is partnering with a demon of fear and obeying its voice which convinces the person to commit the sin of assumption deceived by False Evidence Appearing Real.
  - a. Recognize when the deceiver tells you lies like you should have, would have and could have done something differently and brings you guilt, condemnation, and shame because of past mistakes.
4. James 1:13-15 Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone. 14 But each one is tempted when he is drawn away by his own desires and enticed. 15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.
  - a. Don't give in to the temptation to give in to self-unforgiveness which leads to the desire of wanting to be a perfectionist thinking if you do it perfectly you'll be loved and accepted. Then the devil will try to bring the sin of depression, discouragement, and disappointment. The devil's job is to steal, kill and destroy and bring death.
  - b. God loves you just the way you are and He'll help you become more like Jesus.
  - c. God will give you a life more abundantly.
  - d. Having a sin of failure does not make you a failure.
  - e. You get a Do-Over by God.

**D. Forgive Yourself**

1. The Parable of the Sower teaches to sow good seed to reap good. Matt 13:18-30
2. The good seed are the children of the Kingdom; the tares are the children of the wicked one. Matt 13:38
3. Forgive and you shall be forgiven. Luke 6:37
4. Forgive others that your Heavenly Father may forgive you (includes forgiving yourself). But if you do not forgive, neither will your Father forgive you. Therefore, sow forgiveness and reap forgiveness. Do not sow unforgiveness so you will not reap unforgiveness. Mark 11:25-26

**E. The Consequences of Unforgiveness**

1. Sin hinders prayers. 1 Peter 3:7; Col 3:19
2. Prayers are not answered if your heart condemns you. 1 Jn 3:20-22; 5:14-15
3. With iniquity in your heart, God will not hear your prayers. Ps 66:18
4. If your heart condemns you, your prayers are not answered. 1 Jn 3:20-22; 5:14-15
5. Unforgiveness brings tormentors. Matt 18:35

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6. Unforgiveness can result in being kicked out of the church and away from God's protective covering into the devil's realm. Matt 18:16-20
7. Unforgiveness can cause the person to be turned over to satan for the destruction of the flesh. 1 Cor 5:5

#### **F. The Godly Benefits of Forgiveness**

1. If you confess your known sins, He (God) forgives you of all sins. 1 John 1:9
2. Forgiveness restores relationships. Matt 18:15
  - a. If your brother sins against you, go and rebuke him in private. If he listens to you, you have won your brother. (Holman Version)
3. Forgive as many as 70 times 7 and your debts will be forgiven. Matt 18:21-2
4. When forgiven you must then forgive others from your heart. Matt 18:23-36
5. Forgiveness is the prerequisite to healing. Matt 9:5, Ps 103:3; Jms :14,15
6. Receiving forgiveness gets you healed like when Jesus forgave the paralytic of his sins. Mark 2:1-12
7. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (ESV) Eph 4:32

#### **G. Identifying Sins of Self-Unforgiveness**

1. Regrets.
2. Guilt.
3. Shame/Embarrassment.
4. Beating yourself up.
5. Would of, should of, could of.
6. Constantly being reminded of recurring incessant thoughts of failure.
7. Thinking you are a failure.
8. Feeling bad that you didn't finish something or didn't follow through until completion.
9. Opposing yourself.
  - a. A few examples:
    - Forgetting to set your alarm for an appointment.
    - Being late for work.
    - Impatience to not do something right the first time and needing to spend more time correcting it.
    - Not correcting your mistakes.
    - Expecting better results but still doing the same bad habits.
    - Not prioritizing a Faith Action Plan for resolution.
10. Calling yourself negative names. (Examples: I am so stupid; I could never do that; People are right who say that I should quit.)
11. Self-punishment.
12. When you continually get a recurring negative thought of a sin you repented of that usually means you did not forgive yourself completely.

## FORGIVENESS PRAYER

Heavenly Father,

- **In the name of Jesus, I forgive anyone who has offended me in any way, shape or form, knowingly or unknowingly, by omission or commission and every person who has participated in any of my sin(s) or caused me to sin or have been affected by sin(s).**
- **In the name of Jesus, I forgive \_\_\_\_\_ from my heart,**  
*Name of Person(s)*
- **of \_\_\_\_\_**  
*Examples: Hurting me, offending me, abandoning me, what was said about me....*

*(Pray this part when necessary to forgive yourself of self-unforgiveness.)*

- **In the name of Jesus, I forgive myself of the sin(s) of self-unforgiveness of: \_\_\_\_\_ from my heart.**
- **In the Name of Jesus, I receive forgiveness;**
- **and I bless (choose: myself / him/ her/ them) to**

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*Example: walk in love, joy, peace, patience, forgiveness and not become offended anymore*

- **Amen.**

**Recommendation to affirm or sing:**

### “I Love You With the Love of the Lord”

**I love (choose: me / you / him/ her/ them) \_\_\_\_\_ with the love of the Lord. (2x)**  
*Name of Person(s)*

**I can see in (choose: me / you / him/ her/ them) the glory of my King; and I love**

**(choose: me / you / him / her / them) with the love of the Lord.**