

## LOOK PAST YOUR PAST.

Q: How do I forgive myself?

A: God's Word does not ask this question. Our modern mindset assumes that we're the ultimate authority over our own lives.

### Guilt is one of the most powerful forces in the world

- Guilt can drive us into isolation.
- Guilt can paralyze us relationally and professionally.
- Guilt can drive us to walk away from our responsibilities.
- Guilt can drive us to despair.

### Confusion 1: Believing that we're not guilty

- Our actual guilt before God: We're all guilty whether we realize it or not – Romans 3:19-20 *Now we know that whatever the law says it speaks to those who are under the law, so that every mouth may be stopped, and the whole world may be held accountable to God. <sup>20</sup>For by works of the law no human being will be justified in his sight, since through the law comes knowledge of sin.*
- Remorseless: "I'm not guilty because I don't *feel* guilty."<sup>1</sup>
- Reality: God has written His moral law on our hearts "*so that every mouth may be stopped.*" Why? So that we would see our need for a Savior.
- Are my feelings an accurate measure of my actual guilt? Just because I may not *feel* guilty, does it mean that I'm *not* guilty? Are humans prone to error? Why couldn't my feelings give a false reading of my guilt?

## Confusion 2: Feeling guilty about everything.

- Our personal and subjective guilt feelings: Believing our feelings of guilt are synonymous with our actual guilt.
- Hypersensitivity: We feel we're always at fault for literally everything.
  - Have I clearly violated an obvious command in God's Word?

What do I do with my guilt? How do I live with myself? How do I forgive myself?

## There is good news! God has given us a way to address our guilt!

- 1) I cannot resolve my own guilt since I am not the ultimate authority – Romans 3:20 *For by works of the law no human being will be justified in his sight, since through the law comes knowledge of sin.*
- 2) I can approach Jesus Christ for genuine forgiveness...and then I must take Him at His Word – 1 John 1:8-9 *If we say we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*
- 3) I can move forward by preaching His Word to my feelings – Philippians 3:13b-15a *But one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal for the prize of the upward call of God in Christ Jesus. <sup>15</sup> Let those of us who are mature think this way,*

When you remember your past, remember past your past to what Jesus Christ did for you.

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<sup>1</sup> R. C. Sproul, *What Can I Do with my Guilt?* (Orlando, FL: Reformation Trust, 2011), 8-9.