



# FREEDOM FOR LIFE

## Freedom of Forgiving Yourself

July 7, 2024 - Week Two

>> There is nothing Godly about withholding forgiveness from yourself.

Unforgiveness leads to condemnation.  
Forgiveness leads to conviction.

Condemnation says you are what you did.  
Conviction says you were made for more.

Romans 8:1-2

So now there is **no condemnation** for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has **freed you from the power of sin** that leads to death.

Condemnation says you are what you did.  
Conviction says you were made for more.

Hebrews 12:1b

Let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

Unforgiveness keeps you trapped in your past.  
Forgiveness has you run into the future.

Unforgiveness leads to shame.  
Forgiveness leads to change.

1 Timothy 1:12-17

I thank Christ Jesus our Lord, who has given me strength to do his work. He considered me trustworthy and appointed me to serve him, even though I used to blaspheme the name of Christ. In my insolence, I persecuted his people. But God had mercy on me because I did it in ignorance and unbelief. Oh, how generous and gracious our Lord was! He filled me with the faith and love that come from Christ Jesus. This is a trustworthy saying, and everyone should accept it: "Christ Jesus came into the world to save sinners"—and I am the worst of them all. But God had mercy on me so that Christ Jesus could use me as a prime example of his great patience with even the worst sinners. Then others will realize that they, too, can believe in him and receive eternal life. All honor and glory to God forever and ever! He is the eternal King, the unseen one who never dies; he alone is God. Amen.

Ephesians 4:31-32

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.