

**DISCOVERING FORGIVENESS ~  
LEARNING TO LET GO OF LIFE'S HURTS**

**Forgiving Yourself**

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**INTRODUCTION**

**A.** Forgiveness is a \_\_\_\_\_ need.

*“31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:*

*32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”*

Ephesians 4:31-32

*“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;”*

Hebrews 12:15

**B.** This five week series of messages will teach you about...

April 4 – Finding Forgiveness

TODAY – Forgiving Yourself

April 18 – Forgiving Others

April 25 – Restoring A Broken Relationship

May 2 – Livin' Forgiven

Come as you are and discover how to let go of life's hurts.

**C. TEXT:** Psalm 32:1-11 (Pew Bible/Page 535/Old Testament)

Background: David's adulterous relationship with Bathsheba and cover up murder of her husband Uriah (II Samuel 11-12).

Living with regret is not a life sentence!!

**C.** \_\_\_\_\_ (vs 8-9)

*“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”*  
James 1:5

*“5:6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:*

*5:7 Casting all your care upon him; for he careth for you.”*  
I Peter 5:6-7

**D.** \_\_\_\_\_ (v 10)

*“For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith.”*

I John 5:4

*“28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*

*29 For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.”*  
Romans 8:28-29

**E.** \_\_\_\_\_ (v 11)

*“This is the day which the LORD hath made; we will rejoice and be glad in it.”*  
Psalm 118:24

*“Rejoice in the Lord always: and again I say, Rejoice.”*

Philippians 4:4

**FORGIVE YOURSELF TODAY!!**

*“I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins.”*  
Isaiah 43:25

## HOW TO FORGIVE YOURSELF

### I. THE \_\_\_\_\_ OF FORGIVING YOURSELF (32:1-2)

#### A. The \_\_\_\_\_ Of Forgiveness (vs 1a, 2a)

“Blessed” means \_\_\_\_\_.

*“And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be forgiven thee.”*

Matthew 9:2

#### B. The \_\_\_\_\_ Of Forgiveness (vs 1b, 2b, 2c)

“sin is covered” (v 1b)

*“:7 Saying, Blessed are they whose iniquities are forgiven, and whose sins are covered.*

*8 Blessed is the man to whom the Lord will not impute sin.”*

Romans 4:7-8

Five Ways God Forgives:

- God forgives \_\_\_\_\_.
- God forgives \_\_\_\_\_.
- God forgives \_\_\_\_\_.
- God forgives \_\_\_\_\_.
- God forgives \_\_\_\_\_.

### II. THE \_\_\_\_\_ FOR FORGIVING YOURSELF (32:3-11)

#### A. \_\_\_\_\_ (vs 3-5)

##### 1. Do not conceal your sin (vs 3-4)

*“And he wrote in the letter, saying, Set ye Uriah in the forefront of the hottest battle, and retire ye from him, that he may be smitten, and die.”*

II Samuel 11:15

*“He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.”*

Proverbs 28:13

- Concealing sin leads to \_\_\_\_\_ suffering. (v 3)
- Concealing sin leads to \_\_\_\_\_ suffering. (v 4a)
- Concealing sin leads to \_\_\_\_\_ suffering. (v 4b)

##### 2. Do confess your sin (v 5)

*“And David said unto Nathan, I have sinned against the LORD. And Nathan said unto David, The LORD also hath put away thy sin; thou shalt not die.”*

II Samuel 12:13  
(See Psalm 51)

*“8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.*

*9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*

*10 If we say that we have not sinned, we make him a liar, and his word is not in us.”*

I John 1:8-10

Confessing sin leads to \_\_\_\_\_ (v 5b)

#### B. \_\_\_\_\_ (vs 6-7)

*“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”*

Matthew 26:41

There are two kinds of guilt:

##### 1. Condemnation which is \_\_\_\_\_ guilt.

This type of guilt says run \_\_\_\_\_ from God.

*“And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.”*

Revelation 12:10

##### 2. Conviction which is \_\_\_\_\_ guilt.

This type of guilt says run \_\_\_\_\_ God.

*“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.”*

Hebrews 4:16