



## How Can I Forgive Myself?

Steve Holdaway, LifeSpring Church, 04.24.22

1 John 1: 6-9

**BIG IDEA:** If Christ proclaimed "It is finished," then why can't you extend that same grace to yourself?

**Help for Forgiving Yourself:** 1 John 1:6-9

**Practice walking in the light.**

6 If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

**Practice daily cleansing.**

8 If we say 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...

Psalms 32:1-5

**Practice good theology.**

9 "...and to cleanse us from all unrighteousness."

**Three Types of Confession:**

**-Confession for Salvation**

Repentance and Faith → Salvation

**-Confession for Daily Cleansing**

Daily Confession → Cleansing

**-Confession to Others** → Healing (James 5)

**The 4 R's of Self-Forgiveness**

1. Responsibility
2. Remorse
3. Restoration
4. Renewal

# HOW CAN I FORGIVE MYSELF?

Pastor Steve Holdaway  
1 John 1:6-9 | April 24, 2022



By Juan C. Levesque

## BIG IDEA

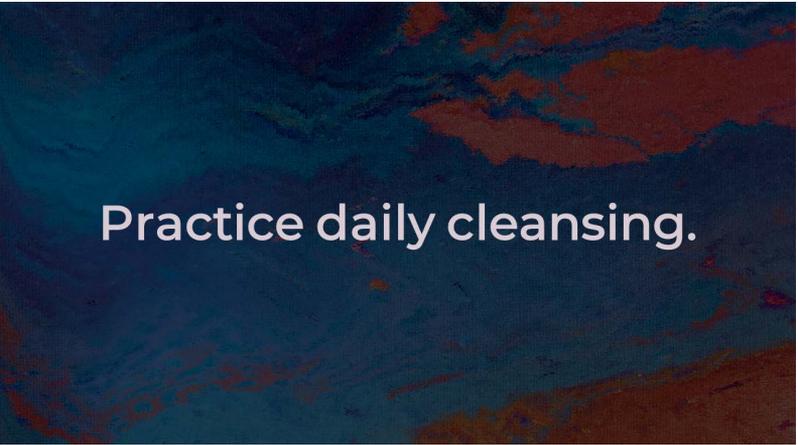
If Christ proclaimed, "It is finished," then why can't you extend that same grace to yourself?



Practice walking in the light.

If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

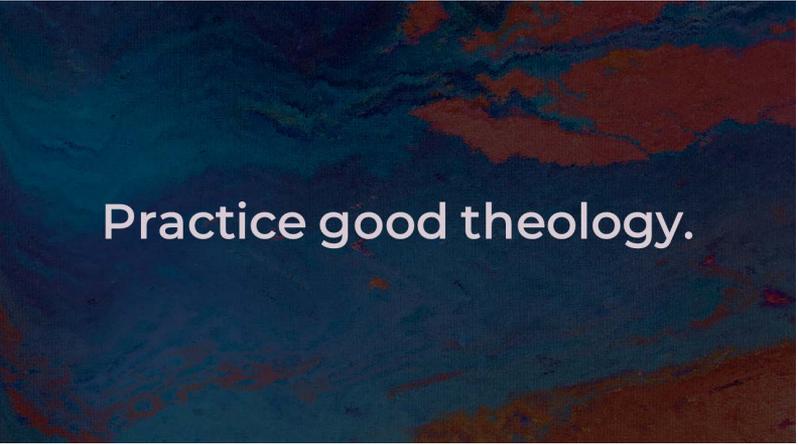
*1 John 1:6-7*



Practice daily cleansing.

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins...

*1 John 1:8-9a*



Practice good theology.

...and to cleanse us from all unrighteousness.

*1 John 1:9b*

My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense — Jesus Christ, the Righteous One.

*1 John 2:1*

He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

*1 John 2:2*

# Three Types of Confessions:

## Confession for Salvation

Repentance and Faith → Salvation

## Confession for Daily Cleansing

Daily Confession → Cleansing

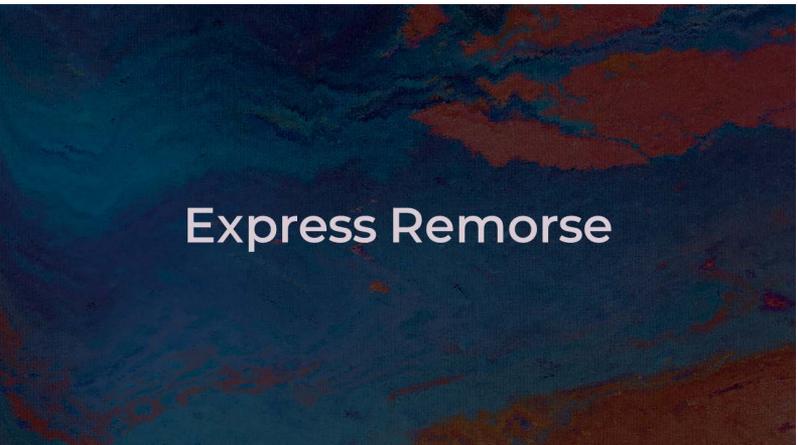
## Confession to Others



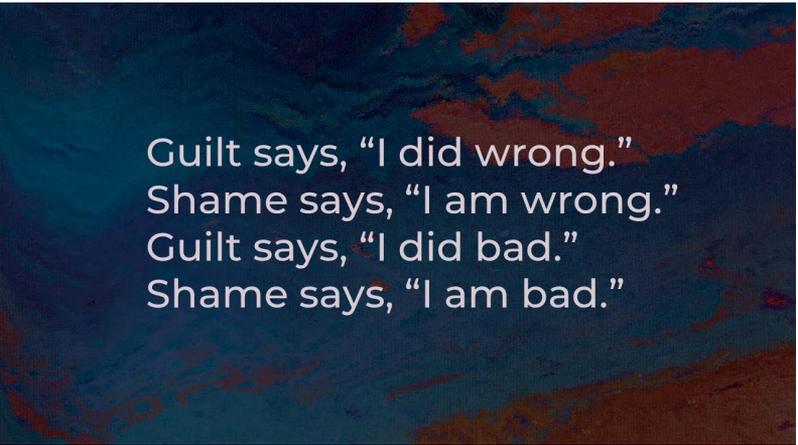
Healing (James 5)



Accept Responsibility



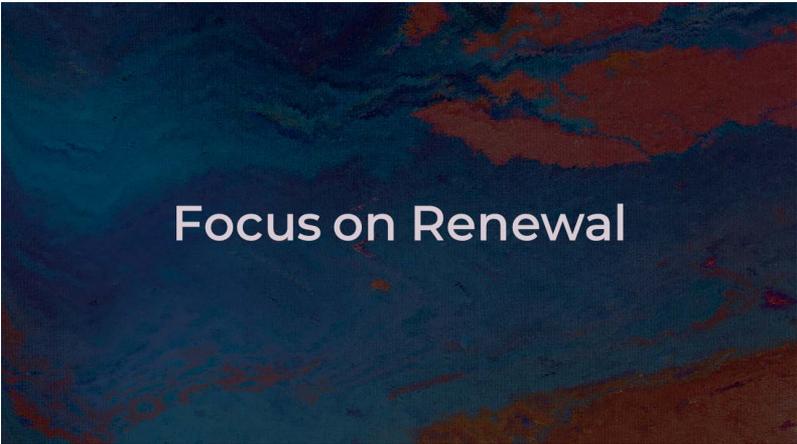
Express Remorse



Guilt says, "I did wrong."  
Shame says, "I am wrong."  
Guilt says, "I did bad."  
Shame says, "I am bad."



Repair the Damage  
and Restore Trust



Focus on Renewal



As far as the east is from the west, so far has he removed our transgressions from us.

*Psalm 103:12*