

Self Forgiveness



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1. **Matthew 22:34-40 (NKJV)** But when the Pharisees heard that He had silenced the Sadducees, they gathered together. ³⁵ Then one of them, a lawyer, asked *Him a question*, testing Him, and saying, ³⁶ "Teacher, which is the great commandment in the law?" ³⁷ Jesus said to him, "'*You shall love the Lord your God with all your heart, with all your soul, and with all your mind.*'" ³⁸ This is the first and great commandment. ³⁹ And the second is like it: '*You shall love your neighbor as yourself.*' ⁴⁰ On these two commandments hang all the Law and the Prophets."

2. Self-Rejection & Self-hatred

- a. Self-rejection = you accuse yourself
- b. Self-hatred = you destroy yourself

3. Traits that indicate self-rejection or self-hatred:

- a. Mental rehearsal
- b. Competition
- c. Selfishness
- d. Attention Getting
- e. Excessive Talkativeness
- f. Self-Exaltation
- g. Self-Mutilation
- h. Excessive Eating
- i. Self-Comparison (Idolatry)
- j. Perfectionism (self-Accusation & Self-Condensation)
- k. Self-Bitterness
- l. Self-Resentment
- m. Self-Retaliatio
- n. Self-Anger
- o. Defending Oneself
- p. Need for Approval
- q. Not Necessary
- r. Division

4. Traits that indicate crossing into self-hatred

- a. Self-Violence & Self-Torment

5. Thoughts and/or actions that indicate unforgiveness include:

- a. I hate you! - I hate my life.
- b. You will never hurt me again. - I am tired of doing things that hurt me.
- c. I wish you were dead. - I wish I were dead.
- d. I will remember this forever. - I can never forgive myself.
- e. I am anxious about... - I am frustrated that I can't ...
- f. If only I could be more like...
- g. I can do this better than you. - I can't do anything right.
- h. I am not worthy.
- i. I do not belong here.
- j. Do it my way or the highway. - Everything I do is wrong.
- k. He or she does not like me... - I am not happy with myself.
- l. I must be perfect. - I always make mistakes.
- m. I need everyone's love and approval.
- n. My happiness comes from what I own and who loves me.
- o. Life is so unfair.
- p. If other people would behave differently, I could be happy.
- q. My emotions and feeling are always right.
- r. My past will predict my future.
- s. I cannot admit I was wrong.
- t. If those people would like me. I would be happy.
- u. My financial wealth and my material belongings define my self-worth.

6. How to Overcome

- a. Apply the 8 R's
 - i. Recognize an issue in your life that is not from God
 - ii. Take Responsibility for what you have recognized. Don't blame God or anyone else
 - iii. Repent for your participation with the enemy and the problem you have recognized.
 - iv. Renounce. Fall completely out of agreement with your sin
 - v. Remove the sin from your life. Cast it out.
 - vi. Resist. Draw nigh to God and resist it coming back. Absolutely refuse to get involved with the sin. Flee from and resist evil temptation.
 - vii. Rejoice. Give thanks to God for you freedom.
 - viii. Restore. Help to restore others held captive.
- b. Accept yourself as God accepts you - unconditionally
- c. Prayer

7. **Prayer for Receiving Forgiveness:**

(taken from: Prayers that Avail Much, Author: Germaine Copeland, Published by: Harrison House - Tulsa, OK. 1977 pg. 91

- a. Father, Your Word declares that if I ask for forgiveness, You will forgive me and cleanse me from all unrighteousness. Help me to believe; help me to receive my forgiveness for past and present sins. Help me to forgive myself. I confess Jesus as my Lord and believe in my heart that You raised Him from the dead, and I am saved.

Father, Your Son, Jesus, said that whatever I ask for in prayer, having faith and really believing, I will receive. Lord, I believe; help my unbelief.

Father, I count myself blessed, how happy I am — I get a fresh start, my slate's wiped clean. I count myself blessed (happy, fortunate, to be envied). You, Father, are holding nothing against me, and You're not holding anything back from me.

When I keep it all inside, my bones turn to powder, and my words become daylong groans. The pressure never lets up; all the juices of my life dry up. I am letting it all out; I am saying once and for all that I am making a clean breast of my failures to You, Lord.

In the face of this feeling of guilt and unworthiness, I receive my forgiveness, and the pressure is gone — my guilt dissolved, my sin disappeared. I am blessed, for You have forgiven my transgressions — You have covered my sins. I am blessed, for You will never count my sins against me.

Father, You chose me [actually picked me out for Yourself as Your very own] in Christ before the foundation of the world, that I should be holy (consecrated and set apart for You), blameless in Your sight, even above reproach, before You in love. In Jesus I have redemption (deliverance and salvation) through His blood, the remission (forgiveness) of my offenses (shortcomings and trespasses), in accordance with the riches and the generosity of Your gracious favor.

Lord, I have received Your Son, Jesus; I believe in His name, and He has given me the right to become Your child. I acknowledge You, Lord, as my Father. Thank You for forgiving me and absolving me of all guilt. I am an overcomer by the blood of the Lamb and by the word of my testimony.

In the name of Jesus, amen.

b. Scripture References:

i. 1 John 1:9 Psalm 32:1-6 MESSAGE

1 John 1:9 (TMSG)

⁹On the other hand, if we admit our sins—make a clean breast of them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing.

Psalms 32:1-6 (TMSG)

¹Count yourself lucky, how happy you must be—
you get a fresh start,
your slate's wiped clean.

²Count yourself lucky—
God holds nothing against you
and you're holding nothing back from him.

³When I kept it all inside,
my bones turned to powder,
my words became daylong groans.

⁴The pressure never let up;
all the juices of my life dried up.

⁵Then I let it all out;
I said, "I'll make a clean breast of my failures to God."
Suddenly the pressure was gone—
my guilt dissolved,
my sin disappeared.

⁶These things add up. Every one of us needs to pray;
when all hell breaks loose and the dam bursts
we'll be on high ground, untouched.

ii. Romans 10:9,10 Romans 4:7,8 NIV

Romans 10:9,10 (NIV)

⁹ That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

Romans 4:7,8

⁷ Blessed are they whose transgressions are forgiven, whose sins are covered. ⁸ Blessed is the man whose sin the Lord will never count against him.

- iii. Mark 11:23 Ephesians 1:4,7 AMP

Mark 11:23 (AMP)

Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! and does not doubt at all in his heart but believes that what he says will take place, it will be done for him.

Ephesians 1:4 (AMP)

Even as [in His love] He chose us [actually picked us out for Himself as His own] in Christ before the foundation of the world, that we should be holy (consecrated and set apart for Him) and blameless in His sight, *even* above reproach, before Him in love.

Ephesians 1:7 (AMP)

In Him we have redemption (deliverance and salvation) through His blood, the remission (forgiveness) of our offenses (shortcomings and trespasses), in accordance with the riches *and* the generosity of His gracious favor,

- iv. Matthew 21:22 AMP John 1:12 NIV

Matthew 21:22 (AMP)

And whatever you ask for in prayer, having faith *and* [really] believing, you will receive.

John 1:12 (NIV)

¹² Yet to all who received him, to those who believed in his name, he gave the right to become children of God --

- v. Mark 9:24 Revelation 12:11

Mark 9:24 (KJV)

And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.

Revelation 12:11 (KJV)

And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

- vi. Psalm 32:1 AMP

Psalms 32:1 (AMP)

[A Psalm of David.] A skillful song, *or* a didactic *or* reflective poem.

BLESSED (HAPPY, fortunate, to be envied) is he who has forgiveness of his transgression continually exercised upon him, whose sin is covered.

8. Personal Prayer Model:

- a. **Recognize:** Recognize the sin issue you participated in:
Father God, I come to You in the name of Jesus. I recognize I have participated with the sin of _____ in my life. (If applicable: I recognize my generations have served the sin of _____ also.)
- b. **Responsibility:** Take responsibility with God the Father.
Father, I take responsibility for participating with and serving the sin of _____ in my life.
- c. **Repent:** Repent to the Father in the name of Jesus and ask for forgiveness.
(Take time to forgive & release those who have sinned against you)
father, I confess my sin and the iniquities of my fathers. In the name of Jesus, I repent to You and ask You to forgive me for allowing the sin of _____ to manifest through me. I also forgive all persons, living or dead, who have injured me or spoken evil towards me. I forgive them, so I also may be forgiven. By faith and in the name of Jesus, I now receive Your forgiveness, father and ask to be released from the power of this sin over my life.
- d. **Renounce:** Take a stand against the sin you have recognized.
Sin of _____, I renounce everything you stand for in my life. I will no longer serve you. I take a stand against you and everything you represent. I will discern you and help others discern you all of my days.
- e. **Remove:** remove the sin having been recognized, repented for and renounced.
Sin spirit of _____, I have repented to my Father in heaven for serving you and allowing you to manifest through me. You must leave me and go into a dry place now in the name of Jesus. Now go.
- f. **Prayer Partner:** Although not always necessary, if you choose you can invite a person to pray with you. You may want to do so if you have need of deliverance, mental healing or physical healing and have not had success in your own prayer. You would want to seek out someone with gifts of discerning of spirits, healing and miracles as applicable to your need.