

# BREAKTHROUGH

## Forgiving Ourselves.

**Scriptures:** Psalm 32; Psalm 51; Rom. 8:1; 2 Cor. 5:17; Eph. 4:32; 2 Sam. 11; 1 John 1:7-9; Rev. 12:10.

1. Do you struggle ever to forgive yourself?
2. In which ways do the ability to forgive ourselves and the ability to forgive others go hand in hand? Read Eph. 4:32.
3. Read Psalms 32 and 51. What do they each tell us about David's state of mind following his failures? What do we learn about forgiveness?
4. "For sins to be covered by God, they need to be first uncovered in confession." Thoughts?
5. Does it sound a little strange that guilt is sometimes to be thought of as healthy? Where does false (unhealthy) guilt originate from? Share an example of a way you have experienced false guilt?
6. Read Rev. 12:10. In which way can we overcome the Accuser? In which way does the blood of the Lamb enable us to forgive ourselves?
7. When Satan tempts me to despair  
And tells me of the guilt within  
Upward I look and see Him there  
Who made an end to all my sin  
Because the sinless Saviour died  
My sinful soul is counted free  
For God the Just is satisfied  
To look on Him and pardon me  
To look on Him and pardon me.

What important truths does this verse provide us with?

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