

Deliverance Steps to Self-Forgiveness

Condemnation. Shame. Regret. Blame. Insecurity. Deliverance minister Kathy DeGraw says these are things that hold us back from being who God has called us to be. And at their root is unforgiveness toward ourselves.

It can sometimes be easier to recognize when we need to forgive other people than it is to recognize when we need to forgive ourselves, says DeGraw on her *Prophetic Spiritual Warfare* on the Charisma Podcast Network.

“We need to let go, and we need to forgive ourselves,” she says. “Jesus came to purchase our forgiveness at the cross, so we need to receive the completed atoning work of the cross that He came to give us. We need to free ourselves from our shackles that we hold ourselves into.

“We often forgive other people. We learn how to walk through the forgiveness process of forgiving other people, but the hardest thing to do is to forgive ourselves. How do we get past what we’ve done? The sin we’ve [committed]? The bad things that we’ve done? That shame, that blame, that guilt and that condemnation, that regret, that hang so heavy on our hearts and our minds?”

DeGraw says it starts by understanding and believing what Jesus accomplished on the cross. In her new e-course, *Your Keys to Self-Deliverance*, DeGraw walks her students step by step through this process.

Learn more about learning to forgive yourself by listening to her latest podcast episode.