

When You Can't Forgive Yourself

(PART 1)

Forgiving our own past mistakes sometimes proves harder than forgiving the sins of others. However, Jesus' blood cleanses us, and we need to accept His provision.

READ: John 21:4-17; Rom. 8:1-4; Eph. 4:31-32; Phil. 3:7-16; 1 Thess. 5:9-11; 1 John 1:8-9.

HEART ISSUE: What past failures are you still holding onto? What is inhibiting you from receiving God's grace?

PRAYER FOCUS: Father, forgive me for keeping a record of my own wrongs. I give it to You now and choose to trust Jesus' sacrifice as sufficient to set me free. Amen.

(PART 2)

Many women struggle with self-hatred. When we reject ourselves, we open a door to the enemy who torments us with a false sense of condemnation.

READ: Gen. 4:2-7; Lev. 19:18; Ps. 41:11-12; Ps. 139:14-18; 2 Tim. 1:7; 1 John 4:16-19.

HEART ISSUE: In what ways do you wish you were different? Have you made peace with who God made you to be?

PRAYER FOCUS: Father, thank You for assuring me I am wonderfully made. Show me Your purpose for my life and help me to love myself as You love me. Amen.

Read a companion article.