

Podcast Worksheet
Forgiving Yourself: Dealing with Regret

Scriptural Texts:

Micah 7:18; Zephaniah 3:17; John 8:36; Romans 12:2; Galatians 5:1; 2 Timothy 3:16; 1 John 1:9

Main Points:

1. Shame is only useful when it leads us to confess our poor choices and receive God's forgiveness.
2. Confessing our sin, but refusing God's mercy, is like being released from jail and then refusing to leave.
3. False beliefs about God's character, his relationship with us, and our identity contribute to the problem of not being able to forgive ourselves.
4. Key character beliefs include: God is merciful. God is loving. God is kindhearted.
5. Key relationship beliefs include: God sees us through love, not through our mistakes. God gives us grace. God lets go of our sin completely when we confess it.
6. Key identity beliefs include: I am worthy of God's mercy because Christ paid the price. God loves me as much as every human being. God enjoys me and acts kindly toward me.
7. To create new mental highways, we have to go 'off-road' for a while, choosing the bumpy road of new thought processes.
8. Scripture is our greatest aid in the process of changing beliefs and thoughts.
9. Refusing to let ourselves off the hook is a form of self-power, standing in the place of God.
10. Forgiving yourself is a choice. No one can make that choice except you.
11. Self-loathing, regret, and shame can be attached to things that have happened in your life, key relationships, or painful events. If so, healing is needed before self-forgiveness will be possible.

Questions:

1. List the regrets for which you struggle to forgive yourself.

2. What false beliefs or negative thoughts keep you from receiving God's mercy?

3. Are there painful events or relationships from your past contributing to your struggle?

Prayer of Response:

Lord God, with your help and by your grace, I choose to forgive myself for _____. I no longer want to live in this prison of my own making. I receive your mercy. Set me free. Help me exchange my false beliefs for truth. And remind me when my mind tries to go down those negative highways again. Help me let this go. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____
