



Handout June 19, 2026

Forgiving Self Isaiah 43:18-19

Welcome back and here we go ----- another chance to find a personal healing through God's Word and a chance to be edified tonight. I want to tackle something most, if not all, people have: a lack of forgiveness for self. For some it is a plague and leads to low self-worth, self-esteem, negative self-talk. It is what we call around here:

1) A _____ attitude.

Philippians 1:6 ... being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;

I want to start there by shamelessly promoting our Tuesday Bible Study. Remember, God is not done with you yet!

You think God doesn't know what is going on. His word promises what is done in darkness will come to the light. It is the natural order of things. So what ----- now I have struck fear. By reminding you of your sin. Your necessary or unnecessary evil. We all have it. This filth. God's word says even my righteousness is "filthy rags". My righteousness ----- not His.

Let me tell you something: For me, forgiveness of self came hard. I can recount my numerous horrors, but that is not my goal tonight. My goal is to bury the pain through forgiveness.

Is Jesus' death enough?

2) We all have _____ we _____.

I don't know what you've done but tonight I offer you the chance to lay it at the altar. Maybe you disappointed someone, let them down, stole something, injured somebody, lied, cheated, became angry or something no one knows..... or a few.. It is a secret. Because of *shame* ----- *guilt* ----- *fear*, we stay there.

Maybe you can't find a way out. Listen to me: Isaiah ----- a prophet long ago whom God spoke through --- he gave us a bunch of promises.

Isaiah 43 is one of my favorites.

Isaiah 43:1-7 But now, thus says the Lord, who created you, O Jacob, And He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; You are Mine. ² When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you. ³ For I am the Lord your God, The Holy One of Israel, your Savior; I gave Egypt for your ransom, Ethiopia and Seba in your place. ⁴ Since you were precious in My sight, You have been honored, And I have loved you; Therefore I will give men for you, And people for your life. ⁵ Fear not, for I am with you; I will bring your descendants from the east, And gather you from the west; ⁶ I will say to the north, 'Give them up!' And to the south, 'Do not keep them back!' Bring My sons from afar, And My daughters from the ends of the earth— ⁷ Everyone who is called by My name, Whom I have created for My glory; I have formed him, yes, I have made him."

3) God was _____ you in the _____ and He _____ you.

Isn't Jesus' death enough?

This is us. We are this people and He promised to be with you in the fire and in the flood. He is with you and here you are ----- alive -----loved.

Mentally and emotionally you may be damaged. But God is with you. You can be healed. But mental and emotional healing start from within. I don't know anyone walking around in guilt and shame who is really thriving. There may be an outward appearance, but..... I say confront the truth. You are forgiven. God even reminds you:

Isaiah 43:18-19 "Do not remember the former things, Nor consider the things of old. ¹⁹ Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert.

4) Do not _____ the _____ things!

When guilty feelings and shame come up, remind yourself ----- "I am forgiven." Then say,

"Jesus' death is enough!"

5) _____.

Even Paul speaks this same truth:

Philippians 3:12-15 ¹² Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. ¹³ Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus. ¹⁵ Therefore let us, as many as are mature, have this mind; and if in anything you think otherwise, God will reveal even this to you.

"Forgetting those things". What things? Whatever keeps you from being who you are supposed to be. Are you seriously pursuing God? Then stop living an unforgiven life.

Who wants to live an unforgiven life here?

Then don't choose it. Say, *"I forgive myself."*

Psalms 51:10-13

6) _____ of _____ leads to healing.

Is Jesus' death enough?

Can you accept God's permanent healing in terms of forgiveness. If He can forgive you, you can forgive yourself.

Let's pray and let's pursue a life in Christianity where you hold your head high. I have accepted my faults and responsibility. I have asked and received forgiveness. I am redeemed from those very acts and now, I live for Jesus not for shame.

This study ----- To live is Christ.

Let's pray.