



SERIES: APRIL – YES, YOU CAN! OVERCOMING YOUR STRUGGLES

SPEAKER: Nick Orduna

Wednesday, 4/13/22

Scripture: Romans 3:23; 1 Timothy 1:15-16

Title: How Can I Forgive Myself?

Welcome to Win the Day. I'm Pastor Nick Orduna filling in for Nat Crawford and today we are going to talk about forgiving yourself and I hope our time together is an encouragement to you.

Please hear this right from the start. Forgiving yourself ultimately comes from understanding the Gospel and God's forgiveness. The Bible is clear in Romans 3:23 (NIV) that we ["All have sinned, and fall short of the glory of God."](#) Therefore, the most important thing we need is God's forgiveness, which is available to us through the person and work of Jesus Christ. All who put their faith in Jesus are fully forgiven of their sins.

So, the reality is this, God is a God of messed up and broken people. He doesn't hide the fact that's who He saves, so we don't have to hide the fact that that's us. Oddly enough, forgiving yourself means admitting your own sinfulness. It requires admitting that we are imperfect and unable to become perfect on our own. It means rejecting the idea that our efforts will ever make up for our wrongdoings. But it also means receiving and walking in the fullness of God's grace. When we humble ourselves and receive God's grace, we can let go of and turn from our sin.

I think the Apostle Paul, in many ways, set an example of forgiving oneself. He had been a violent persecutor of Christians. But rather than live in shame and regret over what he'd done, or think that God could not use him, or constantly remind himself of his sin, he spread the Gospel. This was not from trying to make up for his past. Rather, it was out of understanding God's great salvation.

He writes in 1 Timothy 1:15-16,

[Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.](#)

Paul's sin actually became a way by which God was glorified. Rather than refuse to forgive himself, Paul received God's forgiveness and rejoiced in it.

Listen to this quote by Milton Vincent who wrote this in his book, *The Gospel Primer*:

"The gospel also reminds me that my righteous standing with God always holds firm regardless of my performance, because my standing is based solely on the work of Jesus and not mine. On my worst days of sin and failure, the gospel encourages me with God's unrelenting grace toward

me. On my best days of victory and usefulness, the gospel keeps me relating to God solely on the basis of Jesus' righteousness and not mine."

I'm not a Christian because I'm strong and have it all together. I'm a Christian because I'm weak and admit I need a Savior. So remember, forgiving yourself is ultimately about understanding and acknowledging your sin and the forgiveness of God which comes to us through the person and work of Jesus Christ.