



SERMON DISCUSSION

How Do I Forgive Myself

Quotable Moments:

- God not only forgives your general sins, but God also forgives that specific sin.

Scripture: Matthew 26 / Mark 16:7 / John 21

Key Things You Heard:

- But God never meant for you to carry guilt, shame and regret with you all the time.
- There is nothing that you can do that can limit the plans that God has for you.
- Step 1: I accept God's forgiveness for my specific sin.
- Step 2: I forgive myself and focus on the future.
- Step 3: I use my mistakes to help others experience God's forgiveness.

Pray: Jesus, thank you for your forgiveness offered freely. Help me to move beyond just a mental knowledge that my sins are forgiven. Help me to hear your voice, specifically knowing that you forgive my sin as I specifically confess it. Your forgiveness to me is the basis upon which I can forgive myself. I surrender my pain to be used by you - to bring hope and healing to those around me. In Jesus' name, Amen.

Moving Forward:

- Pay attention this week and journal the times when shame, guilt or regret come into your thinking.
- Choose one area where you need to forgive yourself. Write out how God has forgiven you, and what He says about you.
- Re-watch and/or share the sermon with a friend. Go to rivertown.cc or the RCC App.

Questions for Group Discussion:

First Minutes: What action have you carried guilt, shame and regret over the longest?

- Why do you think it is so difficult for us to forgive ourselves? What role does shame and guilt play in our difficulty in this area?
- What were the three times when Peter denied Jesus? How do you think Peter felt after each time?
- Read Mark 16:7. How must Peter have felt to be specifically named by Jesus? What are some ways that God has specifically called out to you, reminding you that He knows you and desires a relationship and has a future plan for you?
- Read John 21:15-19. How do you think Jesus' conversation with Peter felt to him? How did hearing Jesus say that he has a future plan for Peter help Peter to forgive himself?
- How does knowing that God has a future plan for you help you to forgive yourself?
- Share with your group an area of your life that you struggle with shame, guilt and regret? Will you trust that God can use that pain for a purpose?