

Embraced by Forgiveness

Remembering God's Forgiveness Journaling Exercise

We all have sinned and carry around a sense of guilt for what we have done until we realize we have been fully forgiven by God. This can be demobilizing and cause us to get stuck on things of the past, rather than finding freedom of God's grace for the future.

*As we strive to hear and do the Word of God, we can apply the Bible to our life and lay claim of the belief that we really have been justified by grace and set right by the work of Christ. We are invited to confess our sin to God (1 John 1:9) and change our thinking and behavior going forward (Proverbs 28:13; 2 Corinthians 7:9-11). God also tells us to confess our sin and wrongdoing to those who we have hurt (James 5:16) and when necessary, seek restoration (Matthew 5:23-24; Luke 19:8-9). **Yet, if we are honest, even after we do these things, we can have continual anxiety and worry over the sin we committed. We can lack the assurance that God has forgiven us and that we are cleansed from all unrighteousness in Jesus.***

As you seek to embrace the forgiveness of God— or maybe it is better to say, “Seek to be embraced by the forgiveness of God”— I encourage you to fill out the following worksheet and let the truth of God's Word renew your mind. Completing this and returning to it from time-to-time will help you eliminate the thoughts that reinforce your sense of unforgiveness and the behavior or thinking that will only lead to more despair. This is intended to help you find God-honoring ways to move forward by using the Word of God to remove your sense of guilt and focus on your new life in Christ.

Study the following Scriptures and record what you see in each verse about God's forgiveness of your sins. Being memorizing some of these passages to help you in your moments of despair over your past:

Psalms 103:12-13

Colossians 2:13-14

1 John 1:9

Ephesians 1:7

Colossians 1:13-14

2 Corinthians 5:21

Romans 8:1

1 Timothy 1:15

Titus 3:5-7

Isaiah 44:22

Isaiah 43:25

Summarize by bullet pointing some of the most important lessons you have learned about forgiveness from the study of these verses:

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QUESTIONS TO PRAYERFULLY CONSIDER:

What sin that I have already confessed, repented of, sought forgiveness of through the blood of Christ and worked on putting out of my life, and I tempted to remember and fret about?

What do I still need to confess to the Lord and ask forgiveness for?

What is God's view of my previous sin (back it up with scripture)?

What am I focusing on at this time?

- To focus on my sin – which is resulting in these thoughts and actions:

- To focus on God's forgiveness for me – which would result in these thoughts and actions:

Summary and Evaluation

If you are focusing on the grace of God and the forgiveness Christ has given you, it will result in a life of humility, love, service to others, worship to God, joy and thanksgiving. If you are focusing on your past sin and disregarding what the Bible says about your forgiveness through Jesus, you are choosing a self-centered and less joyful path. Choose to be embraced by His forgiveness and renew your mind (Romans 12:2) with a new way of thinking.

You are forgiven in Christ! Now live and love in light of how deeply you have been loved by God.