

## FORGIVE

### DEALING WITH THE GUILT & SHAME OF OUR PAST

**It is normal to feel guilt and shame when we realize we have sinned and done something bad.**

- Guilt says, "I have done a bad thing" and leads us back to God and His words of love and forgiveness
- Shame says "I am bad" and left unresolved, can cause us to question our standing and relationship with God

#### **Learning from the example of Peter:**

- Peter denied Jesus 3 times and felt the guilt and shame of what he had done. (Luke 22:54-62)
- Jesus comes to Peter after the resurrection and reminds Peter who he called him to be. (John 21:15-19)

#### **Who you are is not determined by what you've done:**

*"If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:8-9*

# **GOD'S WORD FOR TODAY**

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## **1 John 1:5-10**

<sup>5</sup> This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. <sup>6</sup> If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. <sup>7</sup> But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. <sup>8</sup> If we say we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. <sup>10</sup> If we say we have not sinned, we make him a liar, and his word is not in us.

## **Luke 22:54-62**

<sup>54</sup> Then they seized him and led him away, bringing him into the high priest's house, and Peter was following at a distance. <sup>55</sup> And when they had kindled a fire in the middle of the courtyard and sat down together, Peter sat down among them. <sup>56</sup> Then a servant girl, seeing him as he sat in the light and looking closely at him, said, "This man also was with him." <sup>57</sup> But he denied it, saying, "Woman, I do not know him." <sup>58</sup> And a little later someone else saw him and said, "You also are one of them." But Peter said, "Man, I am not." <sup>59</sup> And after an interval of about an hour still another insisted, saying, "Certainly this man also was with him, for he too is a Galilean." <sup>60</sup> But Peter said, "Man, I do not know what you are talking about." And immediately, while he was still speaking, the rooster crowed. <sup>61</sup> And the Lord turned and looked at Peter. And Peter remembered the saying of the Lord, how he had said to him, "Before the rooster crows today, you will deny me three times." <sup>62</sup> And he went out and wept bitterly.