

**COME TOGETHER – Week #5**  
**Forgiving Yourself - *Let it go***  
**March 7, 2021**



**NOT ALL GUILT IS CREATED EQUAL**

- **False guilt/Shame** – feeling guilt for something you had no part in
  - False guilt is ALWAYS hazardous to your mental, spiritual, emotional wellbeing
- **Godly sorrow/conviction** – Recognition that you've done something wrong
  - Brings repentance that leads to salvation and it leaves no regret if we allow it to

2 Corinthians 7:8-10 (NLT) - *I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while.* <sup>9</sup> *Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. **It***

**was the kind of sorrow God wants his people to have, so you were not harmed by us in any way.** <sup>10</sup> **For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.**

Matthew 26:33-35 (NLT) - *“Even if everyone else deserts you, I will never desert you.”* <sup>34</sup> *Jesus replied, “I tell you the truth, Peter—this very night, before the rooster crows, you will deny three times that you even know me.”* <sup>35</sup> *“No!” Peter insisted. “Even if I have to die with you, I will never deny you!” And all the other disciples vowed the same.*



Matthew 26:75 (NLT) - *Suddenly, Jesus' words flashed through Peter's mind: "Before the rooster crows, you will deny three times that you even know me." And he went away, weeping bitterly.*

**Godly sorrow** says, "I did something bad"  
**Worldly sorrow** (Shame) says, "I am bad."

**We take our identity from Christ, not our past.**

Luke 23:34 (NIV) - *Father, forgive them, for they do not know what they are doing.*

John 21:15-17 (NLT) -

**FIRST** - <sup>15</sup>*After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?"*

*"Yes, Lord," Peter replied, "you know I love you."*

*"Then feed my lambs," Jesus told him.*

**SECOND** - <sup>16</sup>*Jesus repeated the question: "Simon son of John, do you love me?"*

*"Yes, Lord," Peter said, "you know I love you."*

*"Then take care of my sheep," Jesus said.*

**THIRD** - <sup>17</sup>*A third time he asked him, "Simon son of John, do you love me?"*

*Peter was hurt that Jesus asked the question a third time. He said, "Lord, you know everything.*

*You know that I love you."*

*Jesus said, "Then feed my sheep.*

1 John 1:8-9 (NIV) - *If we claim to be without sin, we deceive ourselves and the truth is not in us. <sup>9</sup> If we **confess** our sins, **he is faithful and just and will forgive us** our sins and purify us from all unrighteousness.*

Acts 2:38 (NIV) - *Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit."*

Philippians 1:6 (NIV) - *being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*



## **SINNER'S PRAYER:**

God, I know I'm a sinner. I can't fix myself.  
But I believe you can. Come into my life.  
And make me new. I give myself to you.  
In Jesus' name, I pray.

## **TAKE IT FURTHER:**

Have there been times when you've held on to guilt for something you had no part in? What about guilt for something you did wrong or a hurt you caused to someone else? Can you distinguish between these two types of guilt?

How can you work through letting go of any false guilt/shame you have from your past?

Do you recognize the gift in Godly sorrow? How can you use that to draw nearer to God?

**CHALLENGE:** Think about any guilt you may be carrying around and determine what might be false guilt/shame and what is Godly sorrow. Pray through these scriptures and ask God to help you let go of both and repent for any Godly sorrow you may have. Take a few minutes every day to meditate on how deeply you are loved and forgiven and be intentional about feeling that freedom.

