

Finding Forgiveness

with Yourself

When have you struggled with heavy guilt and regret?

Read [1 John 3:20](#) + [Ephesians 1:3-8](#).

What significant truths stand out to you from these verses?

Which truths help significantly reframe your soul's perspective on guilt and regret?

Ponder this core idea: **You can fully forgive yourself because you're so thoroughly forgiven in Christ Jesus!**

What are some distinctions between true guilt and false guilt? When might you have wrestled with false guilt?

Read [1 John 1:5—2:2](#).

What significant truths stand out to you from these verses?

Which truths help significantly reframe your soul's perspective on guilt and regret?

What will you do in coming days to "let the past be the past" and truly walk in the freedom you have in Christ's forgiveness for you?

Get Ready for Next Week:

Read each day from [Matthew 5:23-24](#) and [Matthew 18:21-35](#).