

## Sample Declaration of Forgiveness for Myself (after Receiving God's Forgiveness)

Since I have confessed and been forgiven by the highest court in the universe I chose to forgive myself for the following: \_\_\_\_\_ (specifics). My penalty has been paid by Jesus Christ. I choose to forgive myself because I have confessed and God has forgiven me as promised in 1 John 1:9.

My standard cannot be higher than God's. Since He has forgiven me, I forgive myself. Since he has set me free, I declare myself free from my own judgment and condemnation. It does not matter how I feel or what others may think, feel or say. The sins of pride and fear keep me tied to my past. My Heavenly Father loves me and treats me as I would treat a child that I love.

He wants me to move on from despair, self-pity and self-obsession because He has wonderful plans for my future (Jer. 29:11). The consequences of my sin may remind me of my sin but I refuse to feel guilty. He promises to work everything, (even my sin) for my good (Rom. 8:28) and He is NOT angry with me. There is nothing I can do to deserve this love, or increase it. And there is nothing I can do to decrease Gods love for me. It is constant. He chose to love me and I choose to love Him in return. I show my love for Him by believing that I am forgiven and acting like I am forgiven, no matter what anyone does or says. This includes being humble yet confident, kind, joyful and encouraging to myself and others.