Forgiving Yourself Mini Bundle





Welcome To Blissful-Faith!

Thank you for downloading the Forgiving Yourself Mini Bundle. Forgiving yourself isn't talked about enough. We often speak and preach about forgiving others, but can we really do that if we're holding ourselves bound to the past?

In this bundle:

Pre/Post Questionnaire Questions

Prayer Starter Prompts

Scriptures About You

Forgiving Yourself Exercise

-Devyn Janae

Blissful-Faith.com

Always remember you're destined to win because He got up!

Why Is It Important To Forgive Yourself?

How you see yourself affects how you see and act towards others.

Forgiveness is a free gift available to you.

To walk in unforgiveness is prideful even when it's towards yourself.

God loves you and wants you to see yourself through the light of how He created you.

Pre-Questionnaire

Grab your journal! Imagine your Bestie Forever, Jesus asking you these questions with all the love that He has for you. It's just you and Him so you can be honest and pour out.

How do you see yourself currently?

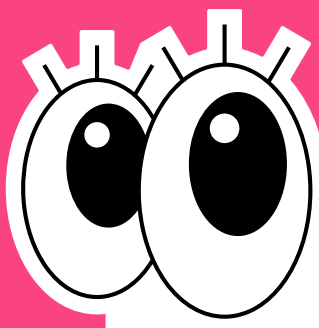
Why haven't you forgiven yourself?

What haven't you forgiven yourself for?

What would it look like to let go?

SEEING YOURSELF AS GOD SEES YOU

Seeing yourself as God sees you is one of the keys to forgiving yourself. Below are some of the scriptures that were written about you. I encourage you to use them as affirmations.



I am an overcomer by the blood of the lamb and the word of my testimony (Revelation 12:11)

My name is Loved because God is Love (1 John 4:8).

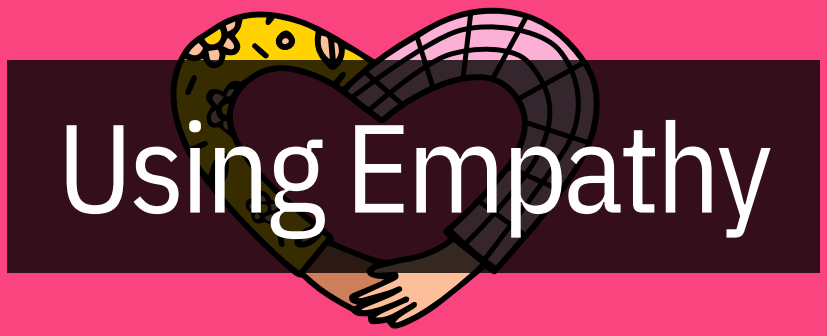
I have been chosen before the foundations of the world to be holy and blameless in His sight (Ephesians 1:4).

I am the righteousness of God in Christ Jesus (2 Corinthians 5:21).

I am more than a conqueror through Christ who loves me (Roman 8:37).

I am God's child and a co-heir with Christ Jesus (Romans 8:17).

I am chosen to put my hope in Christ Jesus (Ephesians 1:11).



Using Empathy

Empathy is the ability to understand the feelings of another. It is putting yourself in someone else's shoes to help you figure out how you may respond to them.

Part One: Read the example on this page and the next then respond to each question as if you're speaking to a friend who has blamed themselves for the outcome.

1 Samuel

Hannah desperately wanted a baby. Every day she would get taunted by her husband's side chick. Instead of eating, Hannah cried and her husband responded "Why aren't you eating? Why be downhearted just because you have no children? You have me, isn't that better than having ten sons?

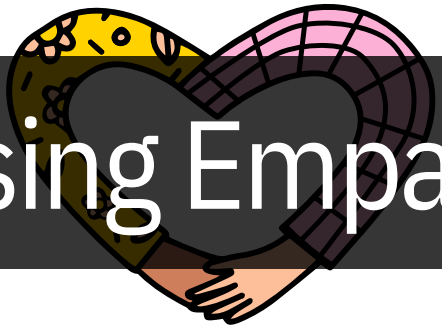
How do you think Hannah felt?

Have you everfelt this way? Yes or no? Explain.

How would you handle this situation?

What advice would you give Hannah?

Using Empathy



Genesis 3

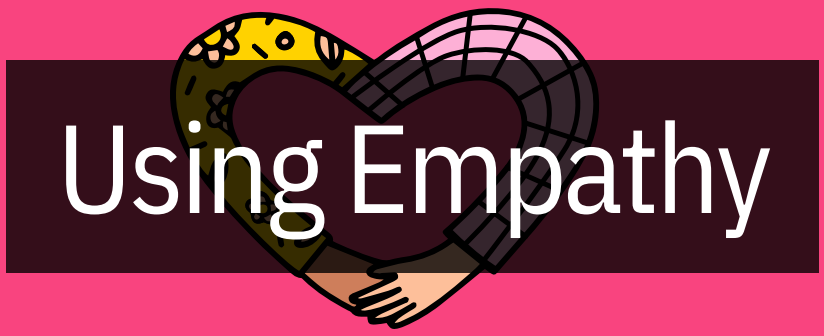
Adam's Father gave him everything. He had the freedom to do whatever he wanted with one exception: DO NOT eat from the tree of knowledge of good and evil. Adam being the leader allowed his wife to feed him some of the fruit. Soon after, God called Adam and he hid from God because of what he had done.

How do you think Adam felt?

Have you ever felt this way? Yes or no? Explain.

How would you handle this situation?

What advice would you give Adam?



Part Two: Write out what you're having trouble forgiving yourself for then use empathy as if it were a friend's story instead of your own.
NOTE: Use God's truth about you.

Your Story

What does God's word say about this situation?

What advice would you give *Insert Name*?

Prayer Starters: Forgiving Yourself

Prayer is our direct connection to God. It's important that we pray because of who we are and our position on the earth. These prayer starters are designed to help you pray when you don't really know where to start or what to pay for.

DISCLAIMER: Allow the Holy Spirit to lead you always.



Dear God,
Thank you that you are the Source of forgiveness.
Help me to forgive myself.

1 Corinthians 8:6



Lord Jesus,
You said that if I confess my sins, you are faithful and just to forgive me and cleanse me of all unrighteousness.

1 John 1:9



Father God,
I want to see myself as you see me.

1 Samuel 16:7



Jesus,
Teach me how to love you so that I can love my neighbor as I love myself.

Mark 12:30-31



Dear God,
Help me to see things from your perspective for your ways and thoughts are higher than mine.

Isaiah 55:8-9



Lord,
Help me to renew my mind as I trust in you.

Romans 12:2

Post-Questionnaire

While it may take some time to process your feelings, these questions serve as post transformation questions. As you go through the mini bundle and do the work, come back and answer these questions.

How are you feeling about yourself?

What has God revealed about Himself to you?

What are your thoughts about taking a step of forgiveness towards yourself?

How will you continue to put into practice what you've been taught?

Thank you Bestie

FOR INVESTING IN YOUR AUTHENTIC SELF. YOU ARE LOVED AND THE VERY SPIRIT OF GOD LIVES WITHIN YOU. NEVER FORGET THAT YOU ARE DESTINED TO WIN BECAUSE HE GOT UP!

OUR MISSION IS TO ENCOURAGE YOU TO BE YOUR AUTHENTIC SELF AND WALK HAND IN HAND WITH YOUR BESTIE FOREVER, JESUS CHRIST

YOU MAY ALSO LIKE:



