

**Quicksand: Forgiving Yourself**  
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**Offense:** (*Greek*) *skandalon* — a trap or snare; an impediment placed in the way to cause you to stumble or fall

How you handle your history can hinder your destiny!

**How to Get Out of Quicksand:**

1. Make yourself as light as possible—toss your bag.

**Hebrews 12:1 NLT**

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, **LET US STRIP OFF EVERY WEIGHT THAT SLOWS US DOWN**, especially the sin that so easily trips us up. And let us run with endurance **THE RACE GOD HAS SET BEFORE US**.

Many of you have put the past behind you, but the problem is that you're still carrying the weight of your past.

**How Do We Gain Freedom from Our Past?**

1. **RECEIVE** His forgiveness.

You really did sin! You really did fall short... We all did!

**Romans 3:23 NLT**

For everyone has sinned; we all fall short of God's glorious standard.

**1 John 1:8-9 NKJV**

If we say that 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.

“There are two great lessons which every man must learn, and learn by experience, before he can be a Christian. First, **he must learn that sin is an exceeding great and evil thing**; and he must learn also that **the blood of Christ is an exceedingly precious thing** and is able to save unto the uttermost them that come unto it.” — *Charles Spurgeon*

### **Psalm 103:8-12 NLT**

The LORD is compassionate and merciful, slow to get angry and filled with unfailing love. He will not constantly accuse us, nor remain angry forever. He does not punish us for all our sins; he does not deal harshly with us, as we deserve. For **His unfailing love** toward those who fear him is as great as the height of the heavens above the earth. **He has removed our sins as far from us as the east is from the west.**

### **Psalm 32:1-5 NLT**

**Oh, what joy** for those whose disobedience is forgiven, whose sin is put out of sight! **Yes, what joy** for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! **ALL MY GUILT IS GONE.** *Interlude*

Your shame is just a reminder that you owe but you can't pay.

### **How Do We Gain Freedom from Our Past?**

1. **Receive** His forgiveness.
2. **RELEASE** ourselves from the penalty of the past.

### **Romans 8:1 NIV**

Therefore, there is now no condemnation for those who are in Christ Jesus ...

**There is a difference between guilt and shame.**

**Guilt:** works for you to point you toward God

**Shame:** works against you to get you to distance yourself from God

Sometimes we live as if Jesus is the lien holder for all of our sins, and we still have to make payments on the loan.

**Romans 3:24 NLT**

Yet God, in his grace, **freely makes us right** in his sight. He did this through Christ Jesus when **he freed us from the penalty for our sins.**

**Hebrews 12:1 NLT**

... let us strip off every weight that slows us down, **ESPECIALLY THE SIN THAT SO EASILY TRIPS US UP.**

**Regret:** to feel sad, repentant, or disappointed over **a loss or missed opportunity**

**1 Peter 5:6-7 NKJV**

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, **casting all your care upon Him, for He cares for you.**

**How Do We Gain Freedom from Our Past?**

1. **Receive** His forgiveness.
2. **Release** ourselves from the penalty of the past.
3. **REDISCOVER** freedom.

**Hebrews 12:1 NLT**

... And let us run with endurance **THE RACE GOD HAS SET BEFORE US.**

**Philippians 3:12-14 MSG**

I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this (does not mean you won't mess up again), but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back. (I'm no longer held back by my past.)