

## **Forgive yourself; God has.**

By Sharome Gentry

As I reflected back over my life and the mistakes I have made, I was confronted by the guilt I held on to because I had not forgiven myself.

As children, we were taught that one of the most important lessons is to forgive others, but I cannot remember having a Sunday school lesson on forgiving oneself.

I had regrets that I could not count and mistakes that I didn't own up to. I needed to be forgiven. God had forgiven me for these things, but I failed at forgiving myself wholeheartedly.

Mark 2:10 says, "But that ye may know that the Son of Man hath power on earth to forgive sins." We have been given that same power but we do not use it liberally.

Forgiveness is a matter of the heart, and it is sometimes harder to forgive yourself than to forgive someone else.

Forgiveness is a process, it takes time, and it will not happen overnight.

If we were to reflect together on the year 2013 alone, we would find that there is something in our lives that we have not forgiven ourselves for. God released us in 2013 from guilt of sin, but our human nature still holds tight to the negatives.

In 2014, we must begin to promote positive change and facilitate a stronger, better future for ourselves. Unforgiveness can keep you from reaching what God has destined for you.

I must admit that to forgive is one of the hardest things to do in life but, forgiving oneself and allowing the hurt and guilt to escape can sometimes be more challenging.

If you have found yourself unhappy for no reason at all, search deep within. If you

have found that depression and anxiety have crept into your life, search deep within. If you have found that your life is at a standstill and you can't seem to prosper, search deep within.

Perhaps there is some unforgiveness in your history that you have not dealt with. Deal with it today. Remember, faults can put a halt to your progression in life.

While some of us may not have come to the conclusion that the sickness that haunts us may have come from that unforgiveness that has been lying dormant inside of us for many years.

We must begin to search our souls and the deep places within us and find out what we did in our past that still may have a negative effect on us.

Question yourself: Who did I hurt? Who did I betray? Who did I not forgive?

Face the issues head on, ask for forgiveness if you have to and know that you are the what God made you. Stop punishing yourself and move on.

Forgive yourself. Let go of the past, you can't change it.