**"Forgiving Self"** 

John 21:1-8 Read as intro to text. Set the Stage.

What does our text say that will help us to get past the things that are keeping us chained to the past?

### I. JESUS WALKED INTO PETER'S LIFE:

## John 21:9-14

## Matthew 11:28

Jesus is walking into our life at this very moment!

Jesus offers us exactly what we need in our current situation just as he did to them that morning. Peter had to move on. To get unstuck from all of the barriers that hindered him. We have to move on! <u>To understand, his grace is enough to cover forgiving ourselves as well</u>.

### II. MORE HERE THAN JUST BREAKFAST:

### John 21:15-17

What good did these questions serve?

Jesus wanted Peter to really look at his feelings.

He wanted him to get over the past and experience total forgiveness!

Jesus is trying to reveal the depth of Peter's love for Him.

Was it just a shallow, superficial love or was it rock solid like his name?

--Cephas the Rock.

Jesus is looking for a total renewal of his loyalty and a reaffirmation of his responsibilities."

Jesus wanted him to get over the past and experience total forgiveness!

# III. IT'S TIME TO PUSH THE STOP BUTTON:

For Peter this breakfast was the turning point.

He pushed the OFF BUTTON on GUILT

## HE FORGAVE HIMSELF

Don't beat yourself up over the past. Jesus says to us, "I have forgiven you completely. His forgiveness is all inclusive. That forgiveness includes forgiving yourself." You CAN forgive yourself. Decide to do it today.

Karl Menninger, the famed psychiatrist, once said that if he could convince the patients in psychiatric hospitals that their sins were forgiven, 75% of them could walk out the next day!