

Finding forgiveness

Sin

Consider sin in the context that it is an alienation from God. This alienation can occur in two ways, an alienation from God in others which we often think of, but also an alienation from the God within ourselves...

“ Whatsoever you do to the least of my people... you do unto me” Matthew

Examples of alienation from true self

Not eating well

Eating too much

Failure to exercise enough

Self-criticism

Depression

Anger

High expectations of self

Perfectionism

Inability to accept yourself as you truly are

Low self-esteem

Isolation

Lack of self-forgiveness

Low body image

Failure to go after your dreams

Denial of your spirit

Addictions of any kind: alcohol, drug, sex, etc.

Self-sufficiency

Righteousness

Saying I'm sorry

Consider an apology in the context that you take responsibility and own your actions. You admit to self and others your weaknesses, imperfections, and faults. It is simultaneously, the admittance of your need for God.

“ As far as the east is from the west, so far have our sins been removed from us.” Psalm 103:12

Examples of alienation from God

Inability to pray

Inability to follow the lead of the Spirit

Inability to admit weakness

Inability to unite mind, body, and soul

Inability to pick up the crosses set
before you

Inability to ask God for forgiveness

Inability to ask others for forgiveness

Seeking forgiveness

Consider forgiveness in the context that it is the gift of healing, or a request for healing. Recall that while reconciliation takes two, forgiveness just takes you. You have the power to stop the cycle of hate, hurt, and brokenness, just as Christ did when he forgave his persecutors on the cross.

“Father forgive them, for they know not what they do.” Psalm 103:12

Examples of alienation from others

You think you are always right, or at least most of the time

You are highly critical or judgmental others

You think others don't try hard enough

You hold others to your personal standards

You blame others for many things

You talk about others behind their backs

You are quick to jump to conclusions

You utilize other's opinions of people to base your own opinions

You have difficulty accepting differences in other people

You grow angry when you are not fully understood by others

You use sarcasm or other defensiveness instead of good communication

You hide your true self from others

You hide your true feelings from others

You fail to let others know when they hurt you

You exclude people from your life by deciding that you are incompatible

Ask yourself, What Would Jesus Do?