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You hear a lot about forgiveness and how we need to release those who have sinned against us. But what if the person you need to forgive is yourself? What if you can&#65533;t move forward because of something you know you&#65533;ve done wrong and it haunts you? When taking people through biblical, integrated healing and deliverance it's been learned over decades that the most difficult thing for people to do is forgive themselves.

There are always three parts to forgiveness: 1) forgiving others and others forgiving you; 2) forgiving or really releasing God [cause many of us are ticked off at the Lord and just afraid to admit it; it's okay you can admit it, you will not be sinning or loose your space in line to get into heaven]; and 3) forgiving yourself.

Satan speaks many lies to us that simply are not true. So what does he speak? He says the following lies to us.

a) What I did so such a big sin the Lord cannot forgive it.

b) I knew better and still did it, so it's not forgivable.

c) I've continued to repeat this same behavior and I'm so ashamed, I just can't ask for forgiveness again.

d) I've downed others and have now done what I said I wouldn't do. I'm a terrible person.

Remember, that these four things I wrote above are lies from satan. And the Bible clearly repeats that the father of lies is satan. So I encourage you today to release yourself from false guilt and accept the forgiveness that is available for you today.

Cry in private if you need to and wail out your pain. Write yourself a letter to get it mentally out of your head. Speak the words out loud saying you forgive yourself and ask the Holy Spirit to supernaturally work the self-forgiveness down into the granules and crevices of your hurting, almost numb, heart. Ask the Holy Spirit to bring life, no abundant life, into your heart, mind and life.

Author and speaker Joe Beam joins us to deal with a listener's question about this important topic here!

http://www.moodyradio.org/brd_ProgramDetail.aspx?id=39286

This forgiveness audio features Joe Beam is an internationally-known inspirational speaker and best-selling author.

He founded Family Dynamics Institute in 1994 and in 2008 he founded LovePath International, and serves as its president.

He has spoken to millions of people worldwide in personal appearances as well as appearances on television and radio, including ABC's Good Morning America, Focus on the Family, the Montel Williams Show, NBC's Today Show, The Dave Ramsey Show, and The Morning Show with Mike and Juliet. After earning his bachelor's degree [Magna Cum Laude] from Southern Christian University, Beam did graduate studies in Clinical Psychology at the University of

Evansville.

He is currently involved in research to complete his Ph.D in Biomedical science at the University of Sydney. He has authored many magazine articles, corporate training programs, and is the author of several books, including the national bestseller Seeing the Unseen, Getting Past Guilt, and Becoming One: Emotionally, Spiritually, and Sexually.

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Signed,

The Cross, A Place of Exchange

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