

# Steps to New Life



## *How can I forgive myself?*

How can you enjoy your “new life” in Christ if you can’t forgive and accept yourself? Your God already does! He loves you and wants to be with you just as you are. That is your starting point too! Then He will lead you into becoming the better version of yourself you would rather be.

**1. Ask God to forgive you.** Make sure you believe that He really has. If God was actually mad with us or was holding stuff against us, then it would be foolish to forgive ourselves. But He isn’t! He loves and accepts you just as you are. He will never reject you! His love is here to stay.  
2 Corinthians 5:19-20; Hebrews 13:5

**2. Choose to forgive yourself** as fully and freely as God does. Your Father wants you to do this! Do it as an act of your will. Repent to yourself for being so mean to yourself. Cast down all pride and self bitterness and choose to be a friend to yourself. Then start treating yourself at least as good as you do your other friends.  
Matthew 22:37-39; Ephesians 4:32

**3. Declare the truth.** Repeat this faith statement until you completely believe it and you can rejoice that it’s true for you. Then keep on repeating it every day until you no longer get down on yourself.  
Do the same with the prayers on the back.

*I am not what I was. I am not what I will be. I am being changed from glory to glory. And God is loving me full throttle all along the way!*

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## Scriptures

And he said to him... "You shall love your neighbor as yourself." Matthew 22:37-39 ESV

We love because he first loved us.  
1 John 4:19 ESV

It was God...in Christ, reconciling and restoring the world to favor with Himself, not counting up and holding against [men] their trespasses [but cancelling them].  
2 Corinthians 5:19 AMP

To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.  
Ephesians 1:6 KJV

For he has said, "I will never leave you nor forsake you."  
Hebrews 13:5 ESV



## Prayer

*Father forgive me for rejecting myself and hating myself. Since You accept and love me just as I am, I can too!*

*Jesus You took the punishment for all of my sins, so I don't need to go on punishing myself by not forgiving myself. I choose by an act of my will to totally forgive myself.*

*Holy Spirit please help me pray, believe and proclaim these great liberating truths:*

*Because of my Father's perfect love for me, His never-ending mercy for me, the future and hope He has for me, and His commitment to bring good out of everything that has ever happened or will ever happen to me, it really is a great, good thing to be me! I therefore choose to fully forgive myself and accept myself—just as He does. And I will fight to take my life back from all unloving attitudes against myself. I may have had a bad beginning, but I am going to have a great never-ending!*



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