

# 2023 DANIEL FAST

## R.E.A.L.

Relationships Everyone's Always Looking for

### DAY 11

Colossians 3:13 [New International Version] *"Bear with each other and **forgive whatever grievances** you may have against one another. **Forgive** as the Lord **forgave you.**"*

We conclude today the Four Practices in the Word of God by which we can love ourselves so that we can build healthy and long-lasting relationships with others. Jesus said if we are going to love others, we must love ourselves. By using the word, **SELF**, we must: Sanctify ourselves, Encourage ourselves, be Liable for ourselves, and lastly, we must Forgive ourselves so that we can love our neighbor as ourself.

No one is perfect and no one will ever be perfect. God knows this and that is why He sent Jesus to die for us and pay the price for forgiveness. We are commanded in the Word of God to forgive those who have wronged us, used us, hurt us, and mistreated us. Jesus said when you pray, this is how you are to pray: *"Forgive us our trespasses as we forgive those who have trespassed against us."* Jesus also said for us to not hold grudges, bless those who curse us, do good to those who are unkind to us. We know as Christians that we are to forgive others. But do we know we are to forgive ourselves?

Colossians 3:13 says for us to *"forgive the grievances we have against another and forgive as the Lord forgave you."* Do you have any "grievances" against yourself that you are still holding onto? Grievances, in the Greek, means: to find fault or blame. Do you still blame yourself for the sins of your past? Do you still find the faults of your past life too grievous to let yourself be forgiven? God wants YOU...to forgive YOU! He has already forgiven you. When you choose to forgive yourself, you choose to love yourself. When you choose to love yourself, you are making the choice to love others.

Sanctify yourself, Encourage yourself, be Liable for yourself, and Forgive yourself. Four Practices that need to be incorporated into our daily lives so that we can love our neighbor as ourselves.

It's time to build Relationships Everyone's Always Looking for!

**Worship Song:**

*"Broken Vessels"* – Hillsong United

<https://youtu.be/2HMDDGLf1ds>

**Scripture Readings:**

Romans 8: 1 [The Amplified Bible] *"Therefore, [there is] now no condemnation (no adjudging guilty of wrong) for those who are in Christ Jesus, who live [and] walk not after the dictates of the flesh, but after the dictates of the Spirit."*

Luke 6:37 [New International Version] *"Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven."*

1 John 1:9 [New King James Version] *"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

**Prayer:**

Father, I ask that You forgive me and cleanse me from all unrighteousness. Forgive my sin, transgressions, and iniquities. I also ask that through the power of Your Holy Spirit that You would help me to forgive myself. The mistakes I have made, the problems I have caused, the hurt I have perpetrated, and the predicaments I have put myself and my loved ones through seem too big to overcome. Help me to no longer drag up the past. I desire to forgive myself, completely and entirely, once and for all. I receive Your grace that casts my sin as far as the east in from the west. And I receive that same grace to forgive myself. I am washed in the blood of the Lamb. In the Name of Jesus I pray, amen!

**Today, I need to pray for:**

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**What is God telling me today?**

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