



Real Questions from Real People

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Mike How do I forgive myself?

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“There is therefore now no condemnation for those who are in Christ Jesus.”

- Romans 8:1 (ESV)

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“None is righteous, no, not one; no one understands; no one seeks for God. All have turned aside; together they have become worthless; no one does good, not even one.” “Their throat is an open grave; they use their tongues to deceive.” “The venom of asps is under their lips.” “Their mouth is full of curses and bitterness.” “Their feet are swift to shed blood; in their paths are ruin and misery, and the way of peace they have not known.” “There is no fear of God before their eyes.”
- Romans 3:10-18 (ESV)

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"Repentance is a heartfelt sorrow for sin, a renouncing of it, and a sincere commitment to forsake it and walk in obedience to Christ."

- Grudem, *Systematic Theology*, p. 713.

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“Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people.”

- Hebrews 2:17

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“Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people.”

- Hebrews 2:17

“He is the propitiation for our sins, and not for ours only but also for the sins of the whole world.”

- 1 John 2:2

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"There are sins, for the old Adam [our flesh] is not entirely dead as yet; yet the sins are not there. The reason is this: For Christ's sake God does not want to see them. I have my eyes on them. I feel and see them well enough. But there is Christ, commanding that I be told I should repent, that is, confess myself a sinner and believe the forgiveness of sins in His name. For repentance, remorse, and knowledge of sin, though necessary, is not enough;

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faith in the forgiveness of sins in the name of Christ must be added. But where there is such a faith, God no longer sees any sins; for then you stand before God, not in your name but in Christ's name. He adorns you with grace and righteousness, although in your own eyes and personally you are a poor sinner, full of weakness and unbelief."

- Martin Luther, *What Luther Says*, 1:522

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“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

- Galatians 2:20

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