



“How to Forgive Myself”
How to Forgive.... Series
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3 things David did to forgive himself & move forward that we must learn:

1. We accept what **CAN'T BE CHANGED**.
 - “While the child was still alive, I fasted and I wept. I thought, ‘Who knows? The Lord may be gracious to me and let the child live.’ But now that he is dead, why should I fast? Can I bring him back again?” 2 Samuel 12:22-23
- 2) We **GIVE IT UP TO GOD**.
 - “Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the **Lord** and **worshiped**.” 2 Samuel 12:20
 - We can turn to 1 of 3 places when we’re hurting:
 - a) We can turn **INWARD**
 - b) We can turn **OUTWARD**
 - c) Or we can turn **UPWARD**
- 3) We **FOCUS ON WHAT’S LEFT**, not lost.
 - “Then David comforted his wife Bathsheba, and he went to her and lay with her. She gave birth to a son.” 2 Samuel 12:24

2 things God offers us that can bring change in us:

- 1) **FORGIVENESS**
- 2) **SECOND CHANCES**
 - “For God did not send his Son into the world to **condemn the world**, but to **save the world** through him.” John 3:17
 - “Forget the former things; do not dwell on the past. See, I am doing **a new thing!**” Isaiah 43:18-19

What happened with King David after he had the affair with Bathsheba, killed her husband, & the baby died?

- “David was the father of **Solomon**, whose mother had been **Uriah’s wife** (Bathsheba)” Matthew 1:6
- In the genealogy of Jesus, we see the hidden story of David’s fall & **GOD’S RESTORATION!**