

FORGIVE YOURSELF

Is there some sin from your past that causes you to cringe or hide in shame? Have you confessed it in the Sacrament of Reconciliation? If not, the Lord is waiting with great mercy to receive you.

Do you find it hard to forgive yourself?
Why or why not?

Do you struggle with perfectionism?
Can you start to forgive yourself for small mistakes throughout the day?
What would that look like?

“There is therefore now no condemnation for those who are in Christ.” (Romans 8:1) Tell Jesus about your sins and mistakes without the fear of condemnation. He loves you so much.