

# Be at Peace (*Not in Pieces!*)



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## Part 3: Peace with Yourself

We all make mistakes and do things we know we shouldn't. It's easy to go around feeling bad about ourselves. But living with guilt isn't productive. It doesn't help you do better; it only causes you to struggle more.

That's why the enemy works overtime in this area. There's nothing he would love more than for you to go through life being down on yourself.

Satan is called "the accuser of God's people." (Revelation 12:10) He'll remind you of everything you've done wrong for the last 30 years.

Here's the key: The moment you asked God to forgive you, He not only forgave you, He doesn't even remember your sin anymore.

That means if a voice is bringing up negative things from your past, that's not God. That's the accuser trying to deceive you into carrying around that heavy load of guilt.

## Four Affirmations

1.

**"I'm not beating myself up over this anymore."**

God has made you righteous. "Righteous" means "holy, honorable, and blameless.

"The gift of righteousness is for all who will receive it." (Romans 5:17)

"The righteous are as bold as a lion." (Proverbs 28:1)

2.

**"I'm not carrying any baggage."**

"Lay aside the weights that can so easily entangle us." (Hebrews 12:1)

Most airlines allow two bags per customer. But we need a very strict rule about guilt: no bags per customer.

Nothing you've done in the past is too much for the mercy of God.

3.

**The price has already been paid.**

Jesus already paid the full price for our sins on the cross, once and for all. But when you live feeling guilty, you're saying, in effect, the sacrifice Jesus made wasn't enough. You're saying, "Let me add something to that. Let me do my part by paying some kind of penalty for the wrongs I've done."

Quit remembering what God has forgotten. Quit telling Him how bad you are. Quit telling Him how you messed up. He forgave you the first time!

4.

**"Let me try one more time, God!"**

Samson prayed, "O Lord God, strengthen me just this one more time." (Judges 16:28)