

Forgiving and Forgetting
Lesson Three
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Forgiving yourself may be the hardest person to forgive. Here are two great examples to follow from the Bible.

Philippians 3:3 - 14; Paul's testimony.

- According to verses 3 - 6 what accomplishments did Paul list that he could have been proud of?
- In those same verses what did he say was something that he could have been ashamed of?
- How did he describe both in verses 7 - 8?
- What was the one thing that Paul said he did according to verses 10 - 14?
- How Paul say he was able to forget those things which were behind according to verses 10 - 14?

2 Peter 1; Peter's testimony

- How does Peter describe other believers in verse 1?
- What does Peter say the promises of God will do in our lives according to verse 4?
- How are we to respond according to verse 5.
- What does Peter say we are to never forget according to verse 9, and what are we to remember in verse 12 - 15.
- What does Peter remember in verses 16 - 18? Why do you think he doesn't mention his great failure of denying the Lord three times?