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Overcoming  
Self Condemnation

The Bible is a testament to God's plan and purpose for humanity. It contains stories of men and women whom God used mightily, despite their flaws and mistakes.

### **2 Timothy 3:15-17**

*And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus.*

*16 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:*

*17 That the man of God may be perfect, thoroughly furnished unto all good works.*

Paul told Timothy here, that from a child, Timothy has known the holy scriptures, which is able to make him wise unto salvation. This means that the Bible is about God's plan and His purposes for man and for the earth. Yet, embedded in the scriptures, you'll see the men that God has used, their strengths, and their failures. These scriptures reveal that God uses imperfect people to fulfill His mandate. But as humans, we often struggle with self-condemnation when we fall short. This message aims to address this common struggle and provide biblical guidance on overcoming it.

### **Consequences of Our Self-Condensation**

When we wallow in self-condemnation, it can severely impact our spiritual, emotional, and physical well-being.

### **Revelation 12:10**

*And I heard a loud voice saying in heaven, Now is come salvation and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.*

### **Who's an accuser?**

The devil is the believer's accuser. Someone who speaks negatively about you, lies, makes you feel guilty, and brings up your past. This is the work of the devil. But that condemnation can lead to you not wanting to serve Jesus again or even leaving the church. The believer is bound to repeat mistakes when we dwell in condemnation.

### **1 John 3:19-20**

*And hereby we know that we are of the truth and shall assure our hearts before him.*

*20 For if our heart condemns us, God is greater than our heart, and knoweth all things.*

The word "condemn" here means to find fault or to accuse. Condemnation can cause a heavy burden on the believer, taking a toll on our health and our efficiency. But here, John said, "God is greater than our heart" This means that the way God sees us is greater than the condemnation in our hearts! Glory to God!

### **What do you do when your heart condemns you?**

When our heart condemns us, we must remember God's word on

who the believer is.

The believer must take from God's greater rendition of His love, kindness, and forgiveness; and help to persuade their hearts with

this. Accept that you have sinned, fallen short of His glory and it

is indeed wrong. But do not wallow in it, giving the devil a foothold. We must embrace God's love and persuade ourselves

with this. Do not busy yourself with the failures of the past. Don't let the devil guilt trip your heart.

### **2 Corinthians 5:21**

*For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.*

### **Romans 8:1**

*There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

The believer can confidently say, "I am the righteousness of God in Christ Jesus." God sees the believer as righteous. God doesn't condemn the believer. Busy your mind on this! Busy your mind with God's word, immerse yourself with the word, renewing your mind.

## **What does the word say about the believer in Christ?**

In his letters, the apostle Peter provides numerous affirmations of our identity in Christ. These scripture-based truths can help us combat self-condemnation:

**The believer is in God's marvelous light.**

### **1 Peter 2:9**

*But ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light;*

**The believer is secure in Christ.**

### **John 10:28**

*And I give unto them eternal life; they shall never perish, neither shall any man pluck them out of my hand.*

**The believer is forgiven.**

### **1 John 1:9**

*If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*

**The believer is a new creature in Christ Jesus**

### **2 Corinthians 5:17**

*Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.*

**The believer is not condemned by God**

### **Romans 8:1**

*There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

God's word is the believer's identity, and the believer must feed so much on this reality so that condemnation doesn't settle in. By the power of God's Word and His unfailing love, we can overcome these feelings and walk in the freedom Christ has provided. By embracing these truths and practices, we can learn to silence the voice of condemnation and live in the freedom and love that God intends for us. God's love, goodness, and joy are favorably disposed to the believer; and we must settle our heart on this.