Clear Path Bible Studies *Understand the Bible with clarity and confidence.*

Forgiven and still feeling guilty

One page for the nights an old, confessed sin comes back

START HERE

"If anyone sins, we have a Counselor with the Father, Jesus Christ, the righteous."

1 John 2:1 · WEB

A counselor here means someone who speaks for you. Your forgiveness rests on what Jesus did, not on how sorry you felt or how many times you have apologized since.

What repentance is

Turning from the sin toward God. You confessed it, and 1 John 1:9 says He forgave it. It doesn't need repeating to count.

What grief doesn't prove

You can be forgiven and still grieve the harm. Paul gives no deadline for sorrow (2 Corinthians 7:10). Grief isn't a verdict, and feeling better isn't proof every responsibility is met.

One responsible step

If there's repair you can make and the other person welcomes it, make it, with someone you trust. If they've asked for distance, respect it. That's repentance too.

What shame keeps saying

The actual sentence, in its own words.

What God says

"As far as the east is from the west, so far has he removed our transgressions from us."

Psalm 103:12 · WEB

Another verse, if you want one

Then: read the right side out loud once, fold the page, and put it away. Don't come back tonight to check. Conviction names an act and a next step. Accusation names *you*, and has no door.

If it won't stay closed — confessing on a schedule, reassurance that wears off by morning — that may be scrupulosity, and a counselor experienced with OCD can help.

And if the loop has ever bent toward punishing yourself — or toward not wanting to be here — please reach out now: in the U.S., call or text **988**, any hour. In immediate danger, call 911.

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