



## He Said She Said: I Can Never Forgive Myself

EDITOR'S NOTE: He Said-She Said is a biweekly advice column for singles featuring a question from a Crosswalk.com reader with responses from a male and female point of view. If you've got a question about anything related to singleness or living the single life, please submit it to [hesaid-shesaid@crosswalk.com](mailto:hesaid-shesaid@crosswalk.com) (selected questions will be posted anonymously).

Other Note: Due to copyright restrictions, the only response is Kris Swiatocho below. To see Cliff's response, you need to go to [www.Crosswalk.com](http://www.Crosswalk.com)

QUESTION: I grew up Christian, in a Christian family, but after my parents divorced my life took a downward spiral. I've never had a healthy relationship. I've been broken up with, I've cheated on boyfriends, I married a guy because I got pregnant, I cheated on my husband, I separated from my husband, and now I'm interested in a new man (who does really well with my son). I need some guidance. Today if I died, I feel like I might go to hell. I have asked God to forgive me for the horrible life choices I've made, but I haven't been able to forgive myself. I don't know what to do, and I don't want to hurt anyone else.

### SHE SAID:

First let me say how much I appreciate your letter. It takes courage to share the things you are telling us. I, like you, was raised with Christian values only to also have my parents divorce - which led to many personal broken and dysfunctional relationships. I would make many bad choices leading to hurt and embarrassment. But then I found the Lord and was able to learn of his forgiveness for my sins. I was able to repent of my mistakes, of my bad choices, knowing he would be able to heal and restore. The key, my friend, is you HAVE taken ownership for your past, praying again for better choices for the future. This is a big step. But to truly know of God's forgiveness you must make sure that you do know the Lord as your personal Savior (so you won't go to hell). Have you asked for forgiveness for your sins, knowing you can only get to God through Christ? With this acceptance, you are born again.

So whether you have asked the Lord to come into your life now or have received him in the past, you are still forgiven for your past, present and future sins. What is now important is you forgive yourself. I know it sounds easier than it is. From personal experience there are some things I have had a hard time letting go of. There are some things that I can't believe God would forgive me for. But please know, without this acceptance of God's grace, it will be difficult to heal and to move forward.

But seek first his kingdom and his righteousness, and all these things will be given to you as well (Matthew 6:33).

As you grow in the Lord, as you seek Christ in all things, as you go to church, serve, and read your Bible (and make sure your new man is doing the same, as it's critical that you are equally yoked), God will slowly change you from the inside out. You will become a new creation in all ways. The past will simply be the past. One day you will be able to tell others of what God has done, just like me. Your past won't hold you hostage anymore. You will be free.

All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name (Acts 10:43).

SHE is ... Kris Swiatocho, the President and Director of TheSinglesNetwork.org Ministries and FromHisHands.com Ministries. Kris has served in ministry in various capacities for the last 25 years. An accomplished trainer and mentor, Kris has a heart to reach and grow leaders so they will in turn reach and grow others. She is the author of three books: Singles and Relationships: A 31-Day Experiment (co-authored with Dick Purnell of Single Life Resources); From the Manger to the Cross: The Women in Jesus' Life; and the most recent, Jesus, Single Like Me with Study Questions (includes a leader's guide and conference/retreat of the same name).

DISCLAIMER: We are not trained psychologists or licensed professionals. We're just average folk who understand what it's like to live the solo life in the twenty-first century. We believe that the Bible is our go-to guide for answers to all of life's questions, and it's where we'll go for guidance when responding to your questions. Also, it's important to note that we write our answers separately.

GOT A QUESTION? If you've got a question about anything related to singleness or living the single life, please submit it to [hesaid-shesaid@crosswalk.com](mailto:hesaid-shesaid@crosswalk.com) (selected questions will be posted anonymously). While we are unable to answer every inquiry, we do hope that this column will be an encouragement to you. [Click here](#) to visit the He Said-She Said archives.

Publication date: May 9, 2013