

# 7 Promises to Rid Yourself of Guilt and Shame

## ONE

1Jn 2:1 My little children, these things write I unto you, that ye sin not. And **if any man sin, we have an advocate with the Father**, Jesus Christ the righteous:

1Jn 2:2 And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world.

## TWO

Eph 1:6 To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.

Eph 1:7 In whom **we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;**

## THREE

Heb 9:12 Neither by the blood of goats and calves, but by his own blood he entered in once into the holy place, having obtained eternal redemption for us.

Heb 9:14 **How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?**

## FOUR

1Jn 1:7 But if we walk in the light, as he is in the light, we have fellowship one with another, and **the blood of Jesus Christ his Son cleanseth us from all sin.**

## FIVE

Rom 3:23 **For all have sinned**, and come short of the glory of God;

Rom 3:24 **Being justified freely** by his grace through the redemption that is in Christ Jesus:

## SIX

Rom 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

Rom 5:9 Much more then, being now justified by his blood, we shall be saved from wrath through him.

## SEVEN

Heb 10:16 This is the covenant that I will make with them after those days, saith the Lord, I will put my laws into their hearts, and in their minds will I write them;

Heb 10:17 **And their sins and iniquities will I remember no more.**