



So you messed up. We all do. But Jesus shows us how to forgive and to receive forgiveness. Both take practice, but the joy of second chances is worth the effort.

- Be honest with God about what you have done—and apologize. God knows all about you and loves you anyway. Thank God for the gift of forgiveness.
- Make things right. Think about how your words or actions have affected others. Apologize and ask those people to forgive you.
- Forgive yourself. God doesn't want us to be stuck in guilt or regret. Ask God for strength to forgive yourself.
- Forgive others as God forgives you. If someone hurts you, ask God to forgive him or her and to help you forgive as well.

GO DEEPER: Need forgiveness? Try [Praying with Clay](#) as you surrender your life to God.