

## Saying sorry: life-giving promises of God's forgiveness

There is no shortage of things for which we might come to God and say sorry. Saying sorry for our sin really matters.

When we say sorry, it's important we remember our sin is so serious that Jesus had to die because of it. But we also need to hear and remember this: Jesus has paid the price so that our sin can be forgiven. Because of Jesus' death and his resurrection, sin's guilt and condemnation no longer fall on those who have said sorry and believe in him.

Every time we say sorry to God, whether praying alone or alongside others, we should always finish by taking time to hear one of the Bible's many clear and life-giving promises of God's forgiveness.

Here are 20 assurances of God's forgiveness for you taken directly from the Bible:

### OLD TESTAMENT

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Then I acknowledged my sin to you  
and did not cover up my iniquity.  
I said, 'I will confess  
my transgressions to the LORD.'  
And you forgave  
the guilt of my sin.  
**Psalm 32:5**

Taste and see that the LORD is good;  
blessed is the one who takes refuge in him.  
**Psalm 34:8**

He will not always accuse,  
nor will he harbour his anger for ever;  
he does not treat us as our sins deserve  
or repay us according to our iniquities.  
For as high as the heavens are above the earth,  
so great is his love for those who fear him;  
as far as the east is from the west,  
so far has he removed our transgressions from us.  
As a father has compassion on his children,  
so the LORD has compassion on those who  
fear him;  
for he knows how we are formed,  
he remembers that we are dust.  
**Psalm 103:9-14**

'Come now, let us settle the matter,'  
says the LORD.  
'Though your sins are like scarlet,  
they shall be as white as snow;  
though they are red as crimson,  
they shall be like wool.'  
**Isaiah 1:18**

Surely he took up our pain  
and bore our suffering,  
yet we considered him punished by God,  
stricken by him, and afflicted.  
But he was pierced for our transgressions,  
he was crushed for our iniquities;  
the punishment that brought us peace was on  
him,  
and by his wounds we are healed.  
We all, like sheep, have gone astray,  
each of us has turned to our own way;  
and the LORD has laid on him  
the iniquity of us all.  
**Isaiah 53:4-6**

'This is the covenant that I will make with the people of Israel after that time,' declares the LORD. 'I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people. No longer will they teach their neighbour, or say to one another, "Know the LORD," because they will all know me, from the least of them to the greatest,' declares the LORD. 'For I will forgive their wickedness and will remember their sins no more.'

**Jeremiah 31:33-34**

I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

**Ezekiel 36:25-27**

Who is a God like you,  
who pardons sin and forgives the transgression  
of the remnant of his inheritance?  
You do not stay angry for ever  
but delight to show mercy.  
You will again have compassion on us;  
you will tread our sins underfoot  
and hurl all our iniquities into the depths of  
the sea.  
You will be faithful to Jacob,  
and show love to Abraham,  
as you pledged on oath to our ancestors  
in days long ago.

**Micah 7:18-20**

The LORD is good,  
a refuge in times of trouble.  
He cares for those who trust in him.

**Nahum 1:7**

Sing, Daughter Zion;  
shout aloud, Israel!  
Be glad and rejoice with all your heart,  
Daughter Jerusalem!  
The LORD has taken away your punishment,  
he has turned back your enemy.  
The LORD, the King of Israel, is with you;  
never again will you fear any harm.

**Zephaniah 3:14-15**

## NEW TESTAMENT

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For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

**John 3:16**

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God.

**Romans 5:1-2**

What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us.

**Romans 8:31-34**

For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures.

**1 Corinthians 15:3-4**

For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will – to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us.

**Ephesians 1:4-8**

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

**Ephesians 2:4-7**

When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having cancelled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

**Colossians 2:13-15**

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners – of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life.

**1 Timothy 1:15-16**

For we do not have a high priest who is unable to feel sympathy for our weaknesses, but we have one who has been tempted in every way, just as we are – yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

**Hebrews 4:15-16**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

**1 John 1:9**