



One of my favourite songs is “Dear Younger Me” by MercyMe.

There’s a line in it that says: “You weren’t meant to carry the weight, the shame, the pain beyond the cross.” Such a powerful truth.

The finished work of the Cross did not just deal with our sin; it also dealt with the weight of it. Jesus carried both the guilt and the punishment fully and perfectly. Christ not only forgives us, but He also sets us free from carrying what He already carried. And when we continue to carry shame, guilt, and self-condemnation long after repentance, we are holding onto what Christ has already paid for. Sadly, and honestly, many of us, especially in the quiet places of our hearts, find ourselves doing this.

So, if we’ve picked it back up again, let’s lay it back down at the feet of Jesus, not as a way of ignoring sin, but as a response to what He has already done. As women who love Christ, we are not only called to repentance but also to freedom. True repentance leads us to God, not into cycles of shame.

We cannot pay for our sins by carrying emotional weight or punishing ourselves inwardly. That is not righteousness; that is a subtle return to bondage. Our forgiveness rests fully and completely on Christ’s perfect sacrifice, not on how deeply we feel or how long we carry guilt.

And this is the truth we must continually remind ourselves of: Our freedom is found in Christ alone; His righteousness, His redemption, His finished work.

So we receive that gift with humility. We rest in it. And we respond with gratitude, worship, and a desire to walk in obedience to our loving, good, and merciful God.

The same song goes on to say: “You are holy, you are righteous, you are one of the redeemed... you are free indeed.” ...This is not because we are perfect, but because we are in Christ.

1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Matthew 11:28-30 Come to Me, all you who labour and are heavy laden, and I will give you rest...

Galatians 5:1 Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.

