

Languages of Apology

Language #1 - **Expressing Regret** - "I am sorry"

Language #2 - **Accepting Responsibility** - "I was wrong"

Language #3 - **Attempting Restitution** - "What can I do to make it right"

Language #4 - **Genuinely** _____

Repentance means to _____ around - 180 degrees.

Repentance says to the offended, "I'll _____ not to do this again. _____."

Matt 3:2 "Turn from your sins and turn to God, because the Kingdom of Heaven is near."

Repentance is a _____ of your heart and mind which causes your _____ to change.

Three Elements to Communicate Repentance

1. Begin with an expression of _____ to change. _____ it!
2. Develop a _____ to implement change.

Prov 14:22 But those who plan what is good find love and faithfulness.

Prov 16:3 Commit to the LORD whatever you do, and your plans will succeed.

Be _____.

3. _____ the plan.

Acts 26:20all must turn from their sins and turn to God -- and prove they have changed by the good things they do.

Statement of Genuine Repentance

- ♥ I know that my behavior was very painful to you. I don't ever want to do that again. I'm open to any ideas you have on how I might change my behavior.
- ♥ How could I say that in a different way that would not come across as critical?
- ♥ I know that what I am doing is not helpful. What would you like to see me change that would make this better for you?
- ♥ I really do want to change. I know I'm not going to be perfect, but I really want to try to change this behavior. Would you be willing to remind me if I revert to my old patterns? Just say "relapse". I think that will help me to stop and change my direction.
- ♥ I let you down by making the same mistake again. What would it take for you to begin to rebuild your trust in me?

♥ This is such a long-term pattern for me. While I want to change, I know it will be hard, and I may fail, hurting you again along the way. I would really appreciate it if you would help me think about a way to help my changes stick and encourage me when you see me doing things that help. Can I count on you to be my teammate on this?

Language #5 - Requesting _____

Matt 6:14-15 "If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.

Requesting forgiveness indicates that you want the relationship fully _____.

Requesting forgiveness shows you realize you've done something that _____ forgiveness.

Requesting forgiveness puts the _____ of the relationship in the hands of the offended.

Fears:

1. Fear of losing _____.
2. Fear of _____.
3. Fear of _____.

Forgiveness is a _____ to lift the penalty. It's a _____.

Forgiveness takes _____.

Statements of Requesting Forgiveness

♥ I'm sorry for the way I spoke to you. I know it was loud and harsh. You didn't deserve that. It was very wrong of me, and I want to ask you to forgive me.

♥ I know that what I did hurt you very deeply. You have every right never to speak to me again, but I am truly sorry for what I did. And I hope that you can find it in your heart to forgive me.

♥ I didn't intend to hurt you but obviously I have. I realize that now, and I see that my actions were wrong even though I was just trying to have fun. It's never right to have fun if someone gets hurt. I promise you I will try to never do that again. And I want to ask you if you will please forgive me.

Husbands and wives: _____% have _____ primary apology languages.

_____ % one spouse's _____ language is other spouse's
_____ choice.