

Requesting Forgiveness

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Admit your faults to one another and pray for each other

so that you may be healed. James 5:16 (TLB)

Why do your apologies often fail?

* What YOU consider to be a genuine and sincere apology is RARELY what your spouse/friend considers to be a genuine and sincere apology.

**Apology Language:**

1. **Expressing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Admit: “I am \_\_\_\_\_\_\_\_\_\_\_”**
2. **Accepting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Admit: “I was \_\_\_\_\_\_\_\_\_\_”**
3. **Making \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ask: How can I \_\_\_\_\_\_\_\_\_\_\_\_\_\_ things \_\_\_\_\_\_\_\_\_\_\_\_\_?**

1. **Genuinely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Clearly state: I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

1. **Requesting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ask: Will you please \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?**

**Why is it important to ask for forgiveness?**

Requesting forgiveness indicates:

* You want the relationship to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* You realize that you did \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Is there anything I can do to make up for what I have done?”*

The Scriptures teach us that when we act in ways that hurt others and God, we are to *request forgiveness.*

Joseph’s brothers ask Joseph to forgive them

Genesis 50:15–17 (CEV)

*After Jacob died, Joseph’s brothers said to each other, “What if Joseph still hates us and wants to get even with us for all the cruel things we did to him?” So they sent this message to Joseph: Before our father died, he told us, “You did some cruel and terrible things to Joseph, but you must ask him to forgive you.” Now we ask you to please forgive the terrible things we did.*

Saul requests Samuel to forgive him

1 Samuel 15:24–25 (CEV)

*“I have sinned,” Saul admitted. “I disobeyed both you and the Lord. I was afraid . . . Please forgive me . . .”*

Jesus teaches His followers to ask for forgiveness

Matthew 6:9–13 (NLT)

*Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us.*

**Why is it so hard to ask for forgiveness?**

* **Fear of not being in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the situation.**
* **Fear of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
* **Fear of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Why is it hard to extend forgiveness**

**to those who hurt you?**

* **Forgiveness is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
  + **Forgiveness may require you to give up your pursuit for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
  + **It may mean you need to live with long-lasting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

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Major source: *The Five Languages of Apology* by Dr. Gary Chapman and Jennifer Thomas.