

The Five Languages of Apology

1. Expressing _____
2. Accepting _____
3. Making _____
4. Genuinely _____
5. Requesting _____

Why Should I Forgive Someone Who Hurt Me?

“Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn’t pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt.

“But the man fell down before his master and begged him, ‘Please, be patient with me, and I will pay it all.’ Then his master was filled with pity for him, and he released him and forgave his debt.

“But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and demanded instant payment.

“His fellow servant fell down before him and begged for a little more time. ‘Be patient with me, and I will pay it,’ he pleaded. But his creditor wouldn’t wait. He had the man arrested and put in prison until the debt could be paid in full.

“When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. Then the king called in the man he had forgiven and said, ‘You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?’

Matthew 18:23–33 (NLT)

Why Should I Forgive Someone Who Hurt Me?

1. BECAUSE _____

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32 (NIV)

2. BECAUSE _____

To worry yourself to death with resentment would be a foolish, senseless thing to do. Job 5:2 (GNT)

The number one thing people are looking for in an apology is

Expressing Regret = _____

Have mercy on me, God, according to your faithful love! Wipe away my wrongdoings according to your great compassion! Wash me completely clean of my guilt; purify me from my sin! Because I know my wrongdoings, my sin is always right in front of me.

Create a clean heart for me, God; put a new, faithful spirit deep inside me! Please don’t throw me out of your presence; please don’t take your holy spirit away from me. Return the joy of your salvation to me and sustain me with a willing spirit.

Psalms 51:1–3; 10–12 (CEB)

When saying, “I’m sorry,” never, ever say “_____”

Two Examples of a Sincere Apology

“I know now that I hurt you very deeply. That causes me immense pain. I am truly sorry for what I did.”

“At the time, obviously I was not thinking well. I never intended to hurt you, but now I see that my words were way out of line. I’m sorry that I was so insensitive.”

Major sources for today's teaching come from *The Five Languages of Apology* by Dr. Gary Chapman and Jennifer Thomas.