

Soul Care
Part 6: Anatomy of an Apology
Matthew 5:21-24

What do we do when we offend one another?

Making things right with people we have harmed, hurt
& offended is an essential part of Soul Care

Matthew Basics

Matthew 5:21-24

²¹ “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’

²² But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.

(1 John 3:15: Anyone who hates a brother or sister is a murderer, and you know that no murderer has eternal life residing in him.”)

²³ “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you,

²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

LESSONS

1. Reconciliation above Ritual
2. If you know you hurt someone, take action go to the person & reconcile
3. As long as there is internal sin, outward acts of worship are unacceptable

Anatomy of an Apology

Step One: Express _____

Remorse: regret for wrong doing. Feelings of sorrow for what you’ve done to hurt someone “I am sorry for _____”

Suggestion: humbly come face to face with the person you've offended and communicate your remorse and then succinctly tell him or her what you are sorrowful about. (period)

Apology Killer: The BIG "but"

Step Two: Accept _____

"I was wrong. I sinned." Suggestion: openly & honestly admit that you were wrong without excuses

"I know what I did was wrong-pure & simple. There's no excuse."

Apology Killer: Minimizing

Part Three: Make _____

Amends: restitution, compensation

Step 9: Made direct amends to people wherever possible except when to do so would injure them or others.

"This is what I am going to do to make things right."

"What can I do to make this right?"

Examples: gifts, money, quality time, acts of service

Apology Killer: Unwillingness to Act

Part Four: Genuinely _____

Repent: turn away and go in a new direction involving a change of heart and mind.

"I promise to work on not doing that again. I am choosing to change my behavior."

Suggestion: Devise A Written Plan

People want to know: "Does this person intend on changing or will this happen again?"

Apology Killer: Repeat Offenders who use Words Only

Part Five: Request _____

"Will you please forgive me?" Why? Releasing control

Suggestion: Humbly request, don't demand forgiveness

"I am humbly asking for forgiveness. Will you please forgive me?"

Apology Killer: Assuming Forgiveness & Reconciliation

To whom do you owe an apology?_____

Do it today--It's good for the Soul!