



“Expressing Regret”
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- 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 #1 THING
PEOPLE ARE LOOKING FOR IN AN APOLOGY IS**

**EXPRESSING REGRET
begins with**

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.

Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Psalm 51:1-2; 10-12 (NIV/KJV)

When saying "I'm sorry," never say

Two Examples of Sincere Apology

Example #1: "I know now that I hurt you very deeply. That causes me immense pain. I am truly sorry for what I did."

Example #2: "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."

ANSWER KEY:

The Five Languages of Apology

1. Expressing **REGRET**
2. Accepting **RESPONSIBILITY**
3. Making **RESTITUTION**
4. Genuinely **REPENTING**
5. Requesting **FORGIVENESS**

Why Should I Forgive Someone Who Hurt Me?

1. BECAUSE **GOD HAS FORGIVEN ME**
2. BECAUSE **RESENTMENT MAKES THINGS WORSE**

THE #1 THING PEOPLE ARE LOOKING FOR IN AN APOLOGY IS **SINCERITY**

EXPRESSING REGRET begins with **I AM SORRY**

When saying "I'm sorry," never say **BUT...**