



"You Turn"
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A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:1 (NASB)

The 5 Languages of Apology:

1. Expressing _____ . - *I am sorry.*
2. Accepting _____ . - *I was wrong.*
3. Making _____ . - *How do to make it right?*
4. Genuinely _____ . - *I'll try not to do that again.*
5. Requesting _____ . - *Will you please forgive me?*

"Thus it is written, that the Christ would suffer and rise again from the dead the third day, and that repentance for forgiveness of sins would be proclaimed in His name to all the nations, beginning from Jerusalem.

Luke 24:46-47 (NASB)

Repentance Restores Relationships:

Then Saul took three thousand chosen men from all Israel and went to seek David and his men in front of the Rocks of the Wild Goats. He came to the sheepfolds on the way, where there was a cave; and Saul went in to relieve himself. Now David and his men were sitting in the inner recesses of the cave. The men of David said to him, "Behold, this is the day of which the LORD said to you, 'Behold; I am about to give your enemy into your hand, and you shall do to him as it seems good to you.'" Then David arose and cut off the edge of Saul's robe secretly. It came about afterward that David's conscience bothered him because he had cut off the edge of Saul's robe. So he said to his men, "Far be it from me because of the LORD that I should do this thing to my lord, the LORD'S anointed, to stretch out my hand against him, since he is the LORD'S anointed." David persuaded his men with these words and did not allow them to rise up against Saul. And Saul arose, left the cave, and went on his way. Now afterward David arose and went out of the cave and called after Saul, saying, "My lord the king!" And when Saul looked behind him, David bowed with his face to the ground and prostrated himself. David said to Saul, "Why do you listen to the words of men, saying, 'Behold, David seeks to harm you'? Behold, this day your eyes have seen that the LORD had given you today into my hand in the cave, and some said to kill you, but my eye had pity on you; and I said, 'I will not stretch out my hand against my lord, for he is the LORD'S anointed.' When David had finished speaking these words to Saul, Saul said, "Is this your voice, my son David?" Then Saul lifted up his voice and wept. He said to David, "You are more righteous than I; for you have dealt well with me, while I have dealt wickedly with you. You have declared today that you have done good to me, that the LORD delivered me into your hand and yet you did not kill me.

1 Samuel 24:2-18 (NASB)

Five Steps to Genuine Repentance:

1. Want to _____.

“And he called for lights and rushed in, and trembling with fear he fell down before Paul and Silas, and after he brought them out, he said, “Sirs, what must I do to be saved?”

Acts 16:29-30 (NASB)

2. _____ the change to the person you offended.

3. Develop a _____.

4. Put your plan in _____.

5. Put the plan in _____.

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Romans 12:2 (NASB)

Point: _____

Doggy Bag: Something to take home and chew on!

1. Practice saying these phrases: “I am going to try to change.”
“I’m not going to do that anymore.” “I want to change the way I do that. Can you help me?”
2. What would it look like for you to cultivate a heart of repentance?
3. Is there someone that you need to repent to?
4. Is there some activity in your most significant relationships that you need to repent of?
5. What is one area in your relationship with another person that needs to change?
6. What is one area in your relationship with Christ that needs to change?



ANSWER KEY:

The 5 Languages of Apology:

1. Expressing **REGRET**. - I am sorry.
2. Accepting **RESPONSIBILITY**. - I was wrong.
3. Making **RESTITUTION**. - How do to make it right?
4. Genuinely **REPENTING**. - I'll try not to do that again.
5. Requesting **FORGIVENESS**. - Will you please forgive me?

Five Steps to Genuine Repentance:

1. Want to **CHANGE**.
2. **VOCALIZE** the change to the person you offended.
3. Develop a **PLAN TO CHANGE**.
4. Put your plan in **WRITING**.
5. Put the plan in **CLEAR STEPS**.

Point: **WHEN YOU HARM SOMEONE YOU LOVE YOU TURN.**