

A person with long brown hair is holding a white rectangular sign in front of their face. The sign has the word "SOrry!" written in black marker. The letter 'O' is replaced by a hand-drawn heart with vertical hatching. The exclamation point is also hand-drawn with a triangular top and three horizontal lines at the bottom. The person's hands are visible at the bottom corners of the sign, and they are wearing a red garment. The background is plain white.

SOrry!

# How Can I Apologize? Let Me Count the Ways

sorry!

**Freedom from Myself**

**Pt 3**

**THE LORD GOD SAID**

**God is About Relationship**



**IT IS NOT GOOD FOR MAN TO  
BE ALONE I WILL MAKE A  
HELPER SUITABLE FOR HIM  
GENESIS 2:18**

**THE LORD GOD SAID**

# **God is About Relationship**

**God in His Power and Wisdom...**

- **Ordained**
- **Designed**

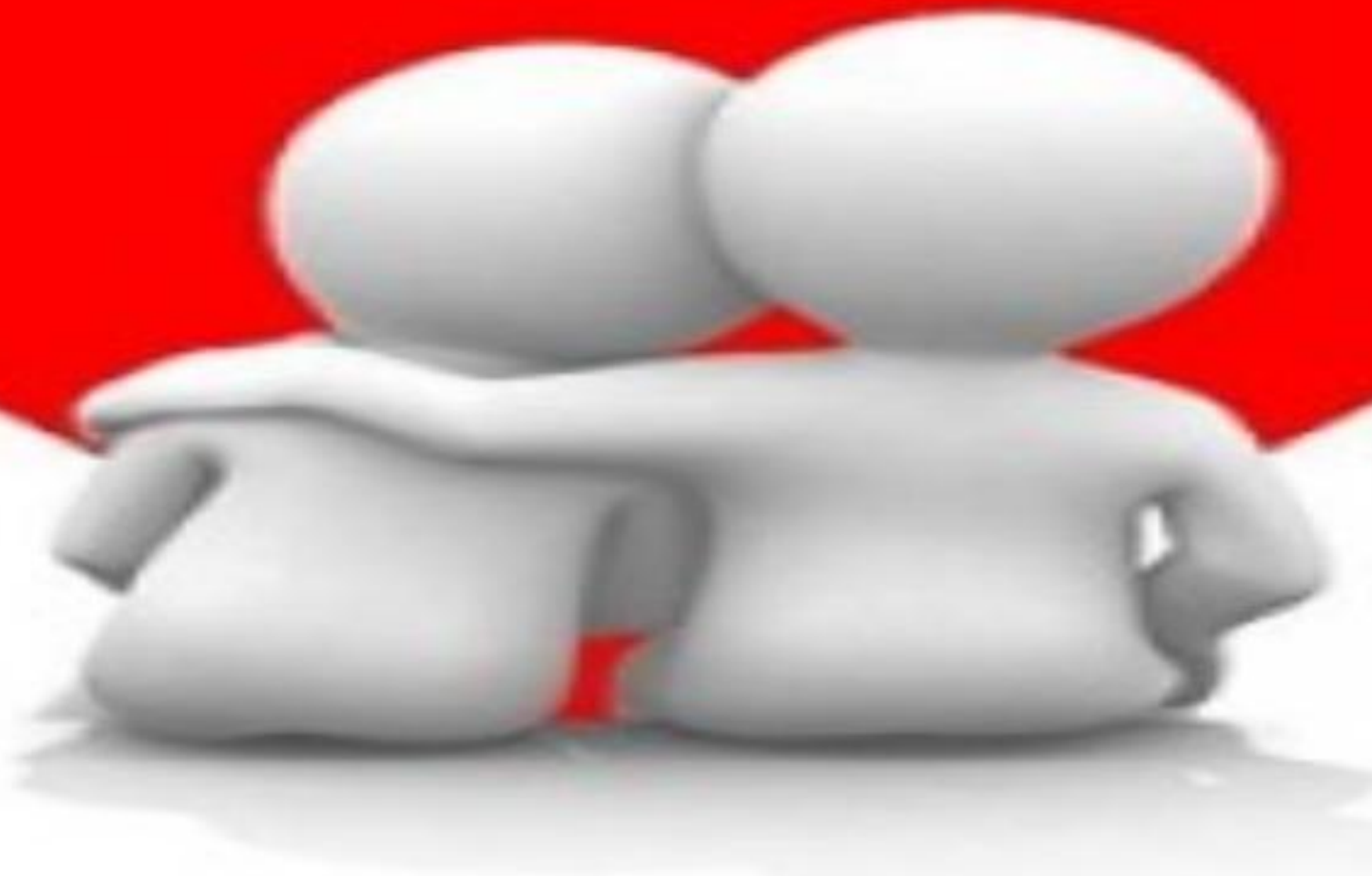
**Although Adam had Relationship**

- **God**
- **Animals**
- **Still Alone**

**“Now the Lord God said, It is not good (sufficient, satisfactory) that the man should be alone; I will make him a helper (suitable, adapted, complementary) for him.” Genesis 2:18 (AMP)**

**GENESIS 2:18**

# Even Healthy Relationships Have Problems





# **Even Healthy Relationships Have Problems**

## **Relationships**

**Individuals Need to Feel Loved and Appreciated  
Relationships Provide This**

**But they can also Promote Misunderstanding**

**Actions Run Contrary**

**Emotions Get Stirred**

**Feelings Get Hurt**

**To Guard This,**

**We Need To Deal Effectively...**

**Love Languages...  
...Help Us Connect**





# Five Relational Languages...

**Love Languages...**  
**...Help Us Connect**

**Languages of Apology**  
**...Help Us Re-Connect**







New  
Rule!

# Guidelines for Real Apologies



New  
Rule!

# Guidelines for Real Apologies

## Number One Rule

**NEVER** say *“I’m sorry...but”*

**...even if there was wrongdoing on other side**

## #1- Expressing Regret

**Expressing Regret Is Often with the Words, “I’m Sorry.”**

- It is the Apology Language that Focus’ in On “Emotional Hurt”**

## #2- Accepting Responsibility

**Accepting responsibility is saying...**

**...you were wrong and not blaming anyone else.**



**I Am Sorry...**

**How Can I Make It Up to You?**

## #3-Make Restitution

Follow up your apology with *“How can I make this up to you?”* or *“How can I make things right between us?”*

- Give opportunity to choose what they need to feel whole again.

So then Zacchaeus stood up and solemnly declared to the Lord, See, Lord, the half of my goods I [now] give [by way of restoration] to the poor, and if I have cheated anyone out of anything, I [now] restore four times as much. Luke 19:8 (AMP)

It is a Next STEP to Taking Responsibility...

For a person whose primary apology language is making restitutions, no matter how often you say “I’m sorry”, or “I was wrong”, the other person will never find the apology sincere.

**I Am Sorry...**

**Let Me Show You**



## **#4- Genuinely Repent**

**Not only offer a genuine apology, but also an expression for how you will make changes to ensure the hurtful action won't be repeated.**

**Luke 15:19 (AMP)**

**<sup>19</sup> I am no longer worthy to be called your son; [just] make me like one of your hired servants.**

**Some will doubt the sincerity of an apology if it doesn't show desire to modify their behavior to avoid the situation in the future.**

- Admitting you are wrong creates vulnerability.**
- It allows the other party to get a glimpse of your heart.**
- The glimpse of true self is assurance of sincerity**

**I Am Sorry...**

**Will You Forgive Me?**

## **Questions to Identify your Primary Apology Language:**

- **What do I expect a person to do or say when giving an apology?**
- **What hurt most deeply about the situation?**
- **What language is most important when I apologize?**

## **Questions to Help Discover Someone's Apology Language**

- **Describe an apology of someone then ask him or her to comment on what lacks in the apology.**
- **Ask what hurts most about the things you did.**
- **Ask what they consider to be the most important part of an apology.**
- **What do I need to do or say to be forgiven?**



Apologizing  
doesn't always mean you're  
wrong and the other person  
is right. It means you **value**  
your relationship **more**  
than your **ego**.





Never ruin an apology with an  
excuse.

~ Benjamin Franklin