



sorry!

Freedom from Myself
Pt 1

How Can I Apologize? Let Me Count the Ways

sorry!

Freedom from Myself

Pt 1

THE LORD GOD SAID



**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

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...

Even Healthy Relationships Have Problems



Even Healthy Relationships Have Problems

Relationships

**Individuals Need to Feel Loved and Appreciated
Relationships Provide This
To Guard this, they Need to Deal Effectively...**

The Reality

No One Is Perfect.

If People Do Not Deal With the Failures...

...Resulting In An Emotional Barrier of Hurt

The Revelation

- Apologizing**
- Forgiving**

A word cloud featuring the words "love" and "speak" in various sizes, orientations, and styles. The words are rendered in shades of red and pink. Some instances are in a bold, distressed font, while others are in a simple sans-serif or a cursive script. The words are scattered across the page, with "love" and "speak" being the most prominent terms. The overall composition is dense and artistic, with the words overlapping and filling most of the space.

Five Relational Languages...

Love Languages...
...Help Us Connect

Languages of Apology
...Help Us Re-Correct



Apologizing

SORRY

A close-up photograph showing a hand placing a wooden letter 'Y' on a sandy surface. The word 'SORRY' is spelled out in wooden letters, with the 'Y' being the final letter being positioned. The sand is light-colored and textured. The lighting is warm, creating soft shadows for the letters and the hand.

Apologizing

The Bible is Very Positive Regarding the Issue of Apologizing

“He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.” Prov 28:13

“But your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear.” Isaiah 59:2

“Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.” Matt 5:23-24



How To Teach
Kids To Say

SORRY



Learning to Apologize

People learn different styles of apology/non-apology from parents.

- **Research shows that about 10% of the population...**

 - ...almost never apologizes,**

 - ...most of these are men**

 - ...they learned this from their fathers**

How To Teach
Kids To Say

SORRY



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


- **The “but” nullifies the whole apology**
- **It’s an attempt to excuse your own bad behavior based on their bad behavior**
- **It takes strength/ humility but you ALWAYS have a choice over your actions**
- **Be responsible for owning up on your end**
- **God will deal with your spouse separately**

I'm ^{not} sorry



What Apologies Are Not...
“Missed it by that much”

I'm sorry



What Apologies Are Not...

“Missed it by that much”

I'm sorry

Common Formats For Apology that Are “Counterfeit”

“Sorry-excuse”

Example:

“I’m sorry I didn’t call-I’ve been really busy.”

Translation:

“Please be understanding about the fact that other things were more important than you.”

What Apologies Are Not...

“Missed it by that much”



SORRY...

NOT SORRY

What Apologies Are Not...

“Missed it by that much”

- **“Sorry-excuse”** *“I’m sorry I didn’t call-I’ve been really busy.”*

“Sorry-Denial of Intent”

- **Ex-** *“I’m sorry you took it that way. It wasn’t what I meant.”*
- **Tr-** *“I think it’s too bad that you had difficulty understanding me correctly.”*
- **Ex-** *“I’m sorry if I offended you.”*
- **Tr-** *“I can’t think of anything I did wrong, but if you think so, I’d be happy to apologize so I can get back in your good graces.”*

What Apologies Are Not...

“Missed it by that much”

**Sometimes,
sorry just
isn't enough.**

What Apologies Are Not...

“Missed it by that much”

- **“Sorry-excuse”** *“I’m sorry I didn’t call-I’ve been really busy.”*
- **“Sorry-denial of intent”** *“I’m sorry you took it that way. Not what I meant.”*

“Sorry-Blame”

Example:

“I’m sorry I didn’t call sooner. Have you been feeling insecure about our relationship lately?”

Translation:

“If you are upset about my not calling, the real cause is your own insecurity, not anything I did.”

HOW TO SAY I'M SORRY



Guidelines For Real Apologies

HOW TO SAY I'M SORRY



Guidelines For Real Apologies

Only say “I’m sorry,” when ...

- **you mean it**
- **can specify what you are apologizing for**

A “healthy” or authentic apology can be stated clearly what we did that was disrespectful or inconsiderate without:

- **immediately explaining why we did it,**
- **telling the person that however it looked or sounded, it wasn’t our real intention**
- **bringing up some other issue that suggests that the other person contributed to or caused the problem.**

Guidelines For Real Apologies

APOLOGY
-ACCEPTED-

Guidelines For Real Apologies

Decline to accept an apology that is not given sincerely.

When you accept an apology, knowing it wasn't real, you pretend an issue is resolved while harboring resentments.

Gently, firmly, without anger.

refuse to accept an insincere apology,

You will feel greater confidence

- You Won't Feel manipulated or pacified**
- you hold the other person more accountable**
- without having to argue or try to force an apology.**



Never ruin an apology with an
excuse.

~ Benjamin Franklin