



sorry!

Freedom from Myself
Pt 2

How Can I Apologize? Let Me Count the Ways

sorry!

Freedom from Myself

Pt 2

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**

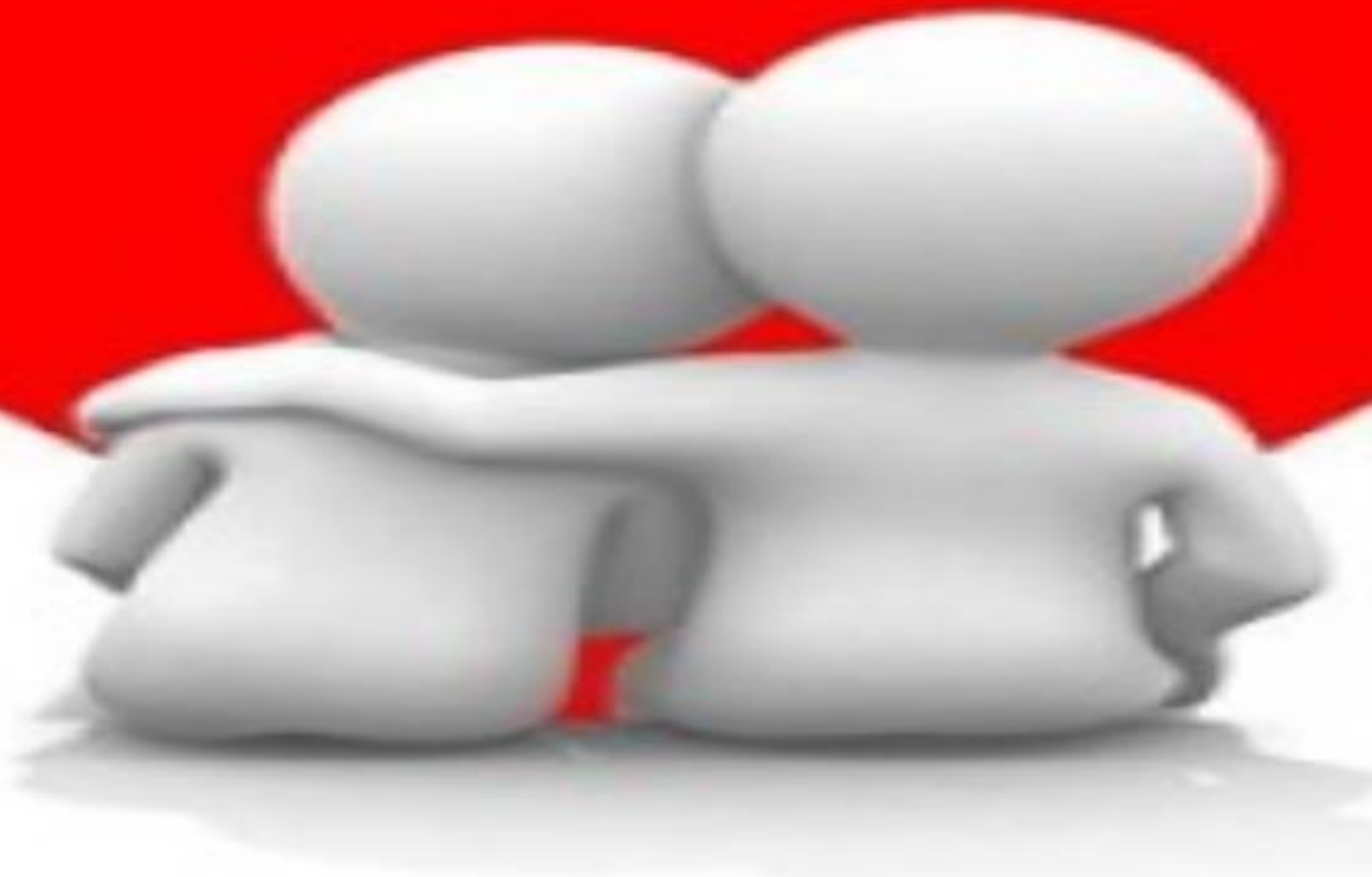
Although Adam had Relationship

- **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...

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 font 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



Five Relational Languages...

Love Languages...
...Help Us Connect

Languages of Apology
...Help Us Re-Correct





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 am sorry”

Five Languages of Apology

#1- Expressing Regret

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

- **It is the Apology Language that...**
...Focus’ in On “Emotional Hurt”
- **It is an Admission of Guilt and Shame...**
...for Causing Pain to Another Person

Example: the Prodigal Son

Luke 15:21 (AMP)

²¹ And the son said to him, Father, I have sinned against heaven and in your sight; I am no longer worthy to be called your son [I no longer deserve to be recognized as a son of yours]!

Expressing Regret

For Those Who Listen for “Expressing Regret” Apologies....

...a simple “I’m sorry” is all they look for.

- There is no need for explanation or “pay back” provided if apology has truly come from the heart.**

“Expressing Regret” is a powerful Apology Language...

...because it gets right to the point.

- It Doesn’t Make Excuses or Attempt to Deflect Blame.**
- Above all, “Expressing Regret” Takes Ownership of the Wrong.**
- For that reason, “Expressing Regret” is understood as a Sincere Commitment to ...**

...Repair and Rebuild the Relationship

Body Language

The “Expressing Regret” Apology Language speaks most clearly when the person offering the apology reflects sincerity not only verbally, but also through Body Language.

- **Unflinching eye contact/ a gentle, but firm touch are two ways that body language can show sincerity.**
- **Communicates that you feel badly about your behavior**
Never use the words “I’m sorry” alone.

Always tell the person that you are apologizing to why you are sorry.

“I was wrong”

#2- Accepting Responsibility

Accepting responsibility is saying that...

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

Example: The Prodigal Son

- **Luke 15:18 (AMP)**
18 I will get up and go to my father, and I will say to him, Father, I have sinned against heaven and in your sight.
- **He Accepted Responsibility** *“I will Get Up and Go...”*
- ***It was My Actions that Brought me to this place***
...my actions will take me back to possibility

Accept Responsibility

Accept Responsibility

It is Difficult for Some People to Admit That They're Wrong.

- **It makes them doubt their self-worth even feel like a failure.**
- **we must all admit that we are sinners and that we will make mistakes.**

Realize We Will Make Poor Decisions that Hurt Our Relationships

- **We are going to have to admit that we were wrong.**
- **We have to Accept Responsibility for our own failures.**

Let Go My Ego

Accept Responsibility

We Need To Learn How to Overcome Ego...

...The Desire To Not Be Viewed as a Failure

...Simply Admit that Our Actions Were Wrong.

This Apology Means Allowing Yourself To Look Weak...

...But Actually It Takes Great Strength to Do This

It Makes A World Of A Difference to Those...

...Who Speaks This Language.

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

