

Life Hacks for Relationships
“The Art of Apology”
Matthew 5:23-24

There’s a **right** way and a **wrong** way to apologize.

When we apologize **well**, it opens the door for reconciliation and healing in relationships.

A good apology:

1. is **specific** and clear.
 - Lack of specificity suggests lack of **sincerity**.
2. conveys awareness of the **pain** you’ve caused.
 - “I’m sorry for _____.”
3. communicates genuine **remorse**.
 - Align _____, tone and body language
4. takes **responsibility** for one’s actions.
 - “I was wrong because _____.”
5. promises to **change** behavior.
 - “In the future, I will _____.”

If you struggle to apologize, ask God to give you the courage, **strength** and grace necessary.

LifeGroup Questions: Applying the Teaching to Our Life

1. How were apologies modeled for you growing up? How did your parents or elders teach/show you how to apologize?
2. Read Matt. 5:23-24. How does failing to apologize affect our worship and our relationship with the Father?
3. Communication is more than words. How has body language (a form of communication) and tone affected your ability or inability to apologize?
4. How have the apologies you've offered changed your future behavior? What can you do to improve?
5. Read Psalm 139:23-24. Who might be someone the Holy Spirit is revealing you need to apologize to? What might happen if you did apologize? What might happen if you refuse?
6. Spend some time praying, by name, for each other to have the courage, love, strength and wisdom to apologize to those we need to before the sun goes down tonight.

Core CHRISTlike Characteristic: Relates with Other-Centered Love/Loving People