

# LIFEHACKS FOR RELATIONSHIPS

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**A life hack is any tip, tool or skill that helps you get things done more efficiently and effectively, or that helps you be more successful in an area of your life.**

# Matthew 5:23-24

There's a right way and a wrong way to apologize.

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

**A good apology:**

A good apology:

1. is specific and clear.

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**Lack of specificity suggests lack of sincerity.**



**A good apology:**

**2. conveys awareness of the pain you've caused.**

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**“I’m sorry for \_\_\_\_\_.”**

**A good apology:**

**3. communicates genuine remorse.**

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**Align words, tone and body language**

A good apology:

4. takes responsibility for one's actions.

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**“I was wrong because \_\_\_\_\_.”**

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**5. promises to change behavior.**

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**“In the future, I will \_\_\_\_\_.”**



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- 1. is specific and clear.**
- 2. conveys awareness of the pain you've caused.**
- 3. communicates genuine remorse.**
- 4. takes responsibility for one's actions.**
- 5. promises to change behavior.**

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