

Forgiveness

1. The 5 languages of apology

(Ephesians 4:26) In your anger do not sin: Do not let the sun go down while you are still angry. .

1. Expressing regret—"I am sorry."
2. Accepting responsibility—"I was wrong."
3. Making restitution—"What can I do to make it right?"
4. Genuinely repenting—"I'll try not to do that again."
5. Requesting forgiveness—"Will you please forgive me?"

2. Forgiving forward: the story of Joseph

(Genesis 50:19-21) But Joseph said to them, "Don't be afraid. Am I in the place of God? ²⁰ You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. ²¹ So then, don't be afraid. I will provide for you and your children." And he reassured them and spoke kindly to them.

3. Embracing the sinner

(1 Peter 2:24) He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed.