

Life Group Questions and Message Notes

- 1. Which of the 5 elements of effective apologies stood out to you most?**
- 2. Which of the 5 elements of effective apologies is most difficult for you to do?**
- 3. Is there someone you've wronged or just know you need to go ask for forgiveness?**

Relationship Games: Playing to win in dating and marriage

Dr. Paul Looney – February 21st, 2021

“Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.” Matthew 6:9-13 (KJV)

“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”

Matthew 6:14,15 (NIV)

“If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying, ‘I repent,’ you must forgive them.” Luke 17:3,4 (NIV)

If we have been harmed by someone we are in relationship with, we must let them know.

“Do not hate a fellow Israelite in your heart. Rebuke your neighbor frankly so you will not share in their guilt. Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the Lord.” Leviticus 19:17,18 (NIV)

If we have done damage to a relationship, we must humbly apologize.

Five Elements of Effective Apologies

S – Say sorry! Express regret. Feel it to Heal it!

N – Name it and claim it! Take responsibility.

O – Offer yourself and your services. Make amends. Pay to play!

R – Reset the bar. Set and say your intention moving forward. Whatever offense, we –
End it to mend it!

E – Entreat. Earnestly Ask - Ask forgiveness. Plea to be free!

Forgiveness is precious, and it is a process.

- Decisional forgiveness gets us started; emotional forgiveness occurs over time.

Forgiveness frees us.

“What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him?” This is what you are to say to Joseph: “I ask you to forgive your brothers the sins and the wrongs they committed in treating you so badly. Now please forgive the sins of the servants of the God of your father.” And Joseph wept when they spoke to him. His brothers then came and threw themselves down before him. “We are your slaves,” they said. Joseph said to them, “Don’t be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”

Genesis 50:15-20 (NIV)

Forgiveness gets the poison out.

Forgiveness does not always lead to trust and reconciliation.

“Vengeance is mine. I will repay,’ says the Lord.”

Romans 12:19 (NIV)

“Alexander the coppersmith did me much harm. May the Lord repay him according to his works. You also must beware of him, for he has greatly resisted our words. At my first defense, no one stood with me, but all forsook me. May it not be charged against them.”

2 Timothy 4:14,15 (NIV)

Forgiving others flows from God’s forgiving us.

“Freely you have received; freely give.”

Matthew 10:8 (NIV)

“For all have sinned and fallen short of the glory of God and all are justified freely by his grace through the redemption that came by Christ Jesus.”

Romans 3:23,24 (NIV)