

EPISODE: 582

TITLE: **How to Actually Apologize (Not Just Say Sorry)**

Moving toward giving an apology is an act of humility and God honors that in our lives. Even if the other person *also* owes you or others an apology, don't put off making an important peace-offering any longer.

Here are three key things to believe and consider about apologizing:

Head...heart...hands...

1. **Putting off making an apology, when you know that you are the offending party, is selfish.** And it is probably the result of self-love and/or fear of man issues. Ask God to give you the humility to go and make an honest and full apology, trusting Him for the results. Remember, the other person gets to choose their response and may not be ready to accept your apology yet and move toward forgiveness.
2. **God has already forgiven your sin on the Cross** and is at work restoring the relationships that have been affected by your words or actions. You have nothing to prove to God...he loves you completely! But you may be creating distance between God, yourself and others by not confessing and owning up to what you have done. There is no condemnation for those that belong to Christ Jesus. (Romans 8:1) You can trust Him!
3. **When apologizing to someone make a full, honest apology.** Justifying your words or actions by defending your behavior or making excuses is not really an apology. Be specific about exactly what you did and why it was wrong. Say "I – Am – Sorry. I apologize for _____." Be specific about why what you did was wrong and why it caused them harm. Don't apologize for how the other person now feels about what you did, apologize for your actions or words.

After you have made a full and honest apology, ask the person if they are willing to forgive you. (They may not be ready for that yet.) This may seem hard, but reconciliation and a restored relationship is the ultimate goal when making an apology to someone.

If you want to learn a full framework for discipleship and developing others for Mission, I'd like to tell you about the coaching and mentorship that we offer.

Check out: everydaydisciple.com/coaching

Thanks for listening... we'll see you in the next episode!

~Caesar