

FIVE WAYS TO REBUILD
RELATIONSHIPS #4

Genuine Repentance

October 4, 2009

I'll try not to do that again.

So watch yourselves. "If a brother or sister sins against you, rebuke them; and if they repent, forgive them.

Luke 17:3

as,

Repenting of the Repetition

Repentance means to _____

1. I want to change

2. Develop a *specific* plan

3. Write it down = implement your plan

4. What if I fail?

- acknowledge it quickly – before confronted
- Get up and try again

[Examples – Statements of Genuine Repentance]

***You cannot repent too soon,
Because you do not know how soon
It may be too late.*** Thomas Fuller

Questions for Daily Devotions and Small Groups

Read aloud: Luke 17:3-4

Getting Started: Name some of the differences you have noticed between men and women when they apologize. Why do you think these differences exist?

Question for Discussion: "Repentance" is described *To turn around,* or *"to change one's mind."* In what other ways have you heard repentance defined? What do you think of the idea that repentance includes the concept of *I'll try not to do that again?*

Thoughts for Reflection: The second step down the road of repentance is developing a plan for implementing change. What areas of your life need a plan for change?

Options for Application Create a list of at least Five of the best apologies you have heard or experienced. What common themes emerge from your list? How could you use themes in improving your apologies with others?

Search for an opportunity this week to include, "I'll try not to do that again" with your next apology. Notice how this impacts the outcome of the situation. Be prepared to share with your group next time the difference it makes.

Five Ways to Say I Am Sorry

9/20 Expressing Regret: *I am Sorry*

Accepting Responsibility: *I Was Wrong*

9/27 Making Restitution: *How Can I Make It right?*

10/4 Genuine Repenting:

I'll Try not to do that again.

10/11 Asking Forgiveness: *Will you please forgive me?*