

Accepting Responsibility

Making an Effective Apology

Life Bridge Community Church

Week 5 of 8



Review

The Power of the Gospel: The gospel is big enough to overcome any conflict.

G#1; Going to Higher Ground: What would please and honor God in this moment?

G#2; Get real about yourself: Find the logs in your eye / idols in your heart, and cooperate with the Spirit in driving them out.

Making a Good Apology

It is shockingly easy to make a really bad apology that makes the conflict worse, not better.

“Look, I’m sorry, ok?!”

This means, “Get off my back.”

“I’m sorry, but I didn’t realize you were so sensitive.”

This mean, “You’re really the problem.”

What is an apology really?

An apology or confession is not about escaping the consequences or “moving on” from the discussion. It’s about healing a hurt or restoring the wounded party.

It’s not about you.
It’s about restoring the other party.

The Seven A's of "Making a Good Confession"

See Proverbs 28:13 – *Whoever confesses and renounces his sin finds mercy.*

Remember, this is about the heart of the offender to restore the offended.

ADDRESS everyone involved	Ps 41:4; Luke 19:8	The confession should go as far as the offense
AVOID "if's" and "but's"	Ps 51	These words ruin your confession; it's deflecting
ADMIT specifically		We are vague about yourselves & specific about others
ACKNOWLEDGE the hurt		Express understanding and genuine sorrow
ACCEPT the consequences	Luke 19:8	Core of confession; no repentance without it
ALTER your behavior	Eph 4:22-32	Make concrete steps to change future behavior
ASK for forgiveness	Gen 50:17	Gives the wounded party the opportunity to respond

Marion Jones' Confession

What strikes you in this video? How does it measure up against the 7 A's?

Three Final Reflections

Allow time

The other person may not be willing or able to grant forgiveness on the spot; give them space.

Don't use your confession to point out sin in others

The other person likely did contribute, and there may be a legitimate conversation about that. But don't "contaminate" your confession with that discussion prematurely.

Are you really sorry?

It's possible to "do the 7 A's" but not really be sorry. They are not sorrow, but an expression of sorrow. Ask God to change your heart to be genuinely repentant for your sin.

Remember that repentance comes from God.

See 2 Cor 7:9-10

Discussion Question(s)

1. If someone caused a significant loss in your life, but felt deeply remorseful and wanted to reconcile, what would have to happen for you to trust that person again?
2. How many of the seven A's are typical of your apologies or confessions? Which do you need to more successfully incorporate into your life?
3. Is there someone with whom you need to go through the seven A's this week? How can you use the principles in this session to make concrete steps toward repenting and being reconciled?