

DAY 15 | Genuine Apologies

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Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.
Ephesians 4:31-32

I don't actually enjoy running, but I do like free donuts. So occasionally I cart my family off to the local 'Donut Run' to endure a moment of torture for a few \$1.70 donuts. Sounds fun, right?

3 miles completed, filled with accomplishment but drenched in sweat... we were eager to get ourselves and our stuff into the SUV. The Phoenix sun wasn't the only thing running hot that morning. Fun fact: using the remote to open the hatch and loading the stuff first typically fails to unlock the car. This meant everyone else had to wait instead of climbing into the air-conditioned car. Poorly communicated expectations and frustration set in as I angrily yelled, "Can't you see I'm trying to load the car?! Just wait!" Not cool. As we headed off to our next adventure, I stubbornly realized I needed to apologize and make things right.

What does a genuine apology actually look like?

- 1. Expressing Regret: Acknowledge the specific pain and hurt caused.** Example: "I am truly sorry for speaking to you that way." Own it and be specific. This matters with others, but even more with God. Specific ownership is a gateway to freedom. This practice will revolutionize your relationships. (Col. 3:13)
- 2. Accepting Responsibility:** True responsibility means letting go of the need to be "right" and owning the sharp words or actions. (Proverbs 28:13)
- 3. Making Restitution:** Find a way to make amends and right the wrong. This is about a changed heart. (Zacchaeus in Luke 19:8-10 is a great example.)
- 4. Genuinely Repenting:** Turn away from destructive patterns and set an action plan to change how you handle stress, frustration, anger, or other emotions. (Psalm 51:17)
- 5. Requesting Forgiveness:** Humbly ask for restoration without demanding it, recognizing that true forgiveness is a gift. (Psalm 32:5, Ephesians 1:7, 1 John 1:9)