

# Kingdom **WORK**

## WEEK ONE - **REPENTANCE**

*“Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.” Ephesians 4:31-32*

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## **NINE INGREDIENTS FOR A GENIUNE APOLOGY**

FROM HARRIET LERNER

- 1** It does not include the word “but.”
- 2** It keeps the focus on your actions—and not on the other person’s response.
- 3** It includes an offer of reparation or restitution that fits the situation.
- 4** It does not overdo.
- 5** It doesn’t get caught up in who’s more to blame or who started it.
- 6** A true apology needs to be backed by corrective action.
- 7** It requires that you do your best to avoid a repeat performance.
- 8** Should not serve to silence others.
- 9** It does not ask the hurt party to do anything, not even to forgive.

