

# Healing Broken Relationships 7

**01 What kinds of views do we encounter in society about forgiveness and the need to live at peace with each other?**

**02 Pray, then look up the following passages. What can we learn about forgiveness from them?**

**a) Colossians 3:12-14**

**b) Matthew 5:21-26**

**c) Matthew 6:5-14**

**03 Read Ephesians 4:31-32. What are the dangers of holding onto bitterness and anger?**

**04 Is forgiveness appropriate or possible in every situation when we have been hurt? Why or why not?**

**05 Can you forgive someone if they are not sorry that they sinned against you?**

**06 In what circumstances might we look for further help, when a relationship becomes difficult?**

**07 What is distinctively Christian about their approach to the need and attitude to healing broken relationships?**

**08 Sometimes our apologies fall short, and do not adequately communicate to the other person that we are truly sorry. One helpful framework for making a thorough and honest apology is to use the ‘Seven A’s of Apology and Confession’ by Peacewise.\* These are:**

- **Address** everyone involved (Prov. 28:13; 1 John 1:8-9)
- **Avoid** if, but, and maybe (don’t make excuses; Luke 15:11-24)
- **Admit** specifically (both attitudes and actions)
- **Apologize** (express sorrow for the way you affected someone)
- **Accept** the consequences (Luke 19:1-9)
- **Alter** your behaviour (commit to changing harmful habits; Eph. 4:22-32)
- **Ask** for forgiveness

**What do you notice or find helpful about the seven A’s from Peacewise?**

\* <https://peacewise.org.au/about/the-peacemaking-principles/>

**09 It can be helpful to receive an apology well to make peace with someone. Again, Peacewise helpfully recommend three steps:**

1. **Acknowledge:** *Let them know you've heard them. "Thanks for saying sorry" or "I appreciate you sharing that."*
2. **Share the impact:** *If the offence was minor, a simple "It's fine" can be truthful. If there was hurt, gently share how it affected you and, if appropriate, your own part in the conflict.*
3. **Share your response:** *If you can, let them know you forgive them. If not yet, be honest and, if possible, explain what might help you get there.*

**Think about the times when you or someone else you know has received an apology. What has worked or not worked?**

**10 Thinking over this study, what is one thing that you will take away as an insight or action?**

**11 Pray for each other.**

**Want to submit a question for QnA Sunday 21 Sep?**

**Follow the link:**

