

# How to Repent, Listen, Address Hurt, and Apologize

## For Further Study

### Section One: How to Repent

Repentance is a major part of our spiritual transformation process. As Jesus begins his ministry, it is one of the first words he uses

- Read: **Matthew 4:17**. Why do you think he would use this word?

**Metanoia** - means changing one's mind.

What would we be changing our minds toward?

Throughout scripture, choices are set before us and like our last sermon, we get to choose to enter through the wide or narrow gate. We can go our own path which is the way of our world, or we may choose Jesus. So really the entire process of repentance is making Jesus Lord and following his way. How can I have a repentant heart in my relationship to God? How can I have a repentant heart towards other people? In what ways will this impact your relationships?

- Read: **2 Corinthians 7:9-12**

What is the difference between Godly sorrow (grief) and Worldly sorrow? What does repentance produce? Is there anything that you need to repent of in your walk with God? Is there anything that you can repent of in your walk with others? In Acts 3:19-20 as we repent and turn toward God, times of refreshing may come from the presence of God. How do you think this happens? Pray for a repentant heart.

### Section Two: How to Listen

- Read: **John 10:25-27 and Matthew 7:24**.

How does listening to God help in the process of listening to others?

- Read: **James 1:19-20, Proverbs 20:5, Proverbs 18:13, 19:20**

How do these scriptures impact you? How can you practice being quick to listen this week? Have you ever had someone help draw out your heart? What did that do for you? How can you do this for others?

Understand that a communication breakdown and a lack of listening may lead to all sorts of problems. How has this impacted you in your life? (Marriage, school, career, church) How would becoming a better listener change the church?

Below are the ten tips for active listening that Anthony mentioned in the video. Which of these are your strengths? Which can you improve? Start practicing active listening in your conversations today.

### **10 tips for active listening:**

1. Have eye contact.
2. Watch for body language or expression.
3. Do not interrupt or try to one-up someone.
4. Be careful not to judge or jump to conclusions.
5. Focus on their words and not what you need to say.
6. Show that you are listening.
7. Do not impose your solutions (Would you like to hear my suggestion?)
8. Ask questions.
9. Paraphrase and summarize what they said.
10. Stay focused on their needs.

### **Section Three: How to Address Hurt**

- Read: **Matthew 18:15-17**

We have already covered some of this, but it is important to remember the golden rule (**Matthew 7:12**). How would I want someone to address a hurt with me? Is there anyone who you need to speak with to address hurt? Do you need any help in this? Who is someone that will help you?

Has anyone ever addressed a hurt with you? How did you respond? What was the outcome? What would you change and what do you think went well?

### **Section Four: How to Apologize**

- Read: **Luke 15:11-32 (prodigal son)**

What impacts you about this passage of scripture? Have you ever had someone turn their back on you like the son in this story? Why did the son come back? How could the father have reacted? How do you think you would have reacted? Apologizing can be a humbling task, why is this so difficult? Is there anyone that you need to give an apology to? Our world is terrible at apologizing, how so and how does this impact us?

Below are five practicals from the video to help you:

#### **Tips for making an apology.**

- A. Confess what you did was wrong, and not just a mistake.
- B. Make no excuses.
- C. Never say, "If I did something wrong, please forgive me." There is no real admission of wrongdoing in such a statement.
- D. Say, "What I did was WRONG. Do you think you could forgive me?"
- E. Remember, asking forgiveness can DEVELOP you spiritually.
  1. It CLEARS your conscience.

2. It REINVIGORATES your relationship with that person.

3. Importantly, it develops HUMILITY in your character.

Let us all make apologizing and asking for forgiveness a more common practice in the church.

### **Section Five: How to Bring It All Together**

Consider a situation in your life where you need spiritual reconciliation. How would you use the four practicals from this lesson to be reconciled? Do you need to apologize? Do you need to be transformed in your mind? Do you need to repent?