



"Sorry"

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INTRODUCTION

Your relational success depends on your ability to sincerely apologize. Because the difference between a good relationship and a great one often comes down to being willing to say one simple phrase: *I'm sorry*.

DISCUSSION QUESTIONS

1. Have you ever received an insincere apology? How did that make you feel?
2. How have the sincere words "**I'm sorry**" made a difference in your relationships — **whether you're the one to say them or receive them?**
3. **Read Psalm 51. How easy or difficult is it for you to admit that you're wrong and ask for forgiveness? Why?** (see v3-5)
4. **Have you ever been forgiven for something...yet you didn't FEEL forgiven?** Share an example. (see v 7-9)
5. Why do you think a changed heart is so vital for restoring relationship? What happens when someone seeks restoration without any heart change? If you can think of an example, share it. (see v10-12)
6. Have you ever given or received a sincere apology? What did you learn from that? How does this relate to the message of the gospel? (see v13-14)
7. Talk about the difference between feeling bad you got caught sinning and being broken-hearted over your sin. What do the outcomes look like in each of those situations? Why do you think a broken and contrite heart is so important to God? How have you experienced this principle personally in one of your relationships?
8. Read **Matthew 7:3-5**. Why is it so much easier to see sin in others rather than in our own life? In what areas of your life do you need to examine and potentially ask for forgiveness?

CHALLENGE

Take some time this week to reflect on whether there are any people you need to apologize to, or even if you need to come before God to ask for forgiveness.

Address those areas, even if it's painful, and use the verse below as a daily prayer.

COMMIT TO MEMORY

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalm 51:10

PRAYER

Share prayer requests and pray for one another.