



Understanding Reconciliation

If we think of sin as something we've done that damages a relationship (with God, with others, within ourselves), then being truly sorry means doing something to reconcile the relationship.

Directions: Using the words provided, describe how you might feel in each of the situations and how you might reconcile the relationship. You may use the same word more than once.

REGRET	SORRY	SAD	ASHAMED	GUILTY
DISAPPOINTED	ANGRY	HAPPY	AFRAID	

1. I truly feel _____ when I deliberately gossip about someone.

To reconcile the relationship, I could: _____

2. I truly feel _____ when I tell a lie.

To reconcile the relationship, I could: _____

3. I truly feel _____ when I hurt someone.

To reconcile the relationship, I could: _____

4. I truly feel _____ when I lash out in anger at someone.

To reconcile the relationship, I could: _____

5. I truly feel _____ when someone tells me a lie.

To reconcile the relationship, I could: _____

6. I truly feel _____ when someone asks me to forgive them.

To reconcile the relationship, I could: _____

7. I truly feel _____ when someone forgives me for what I did.

To reconcile the relationship, I could: _____
