

Saying Sorry

Scripture: Mosiah 26:29-31 - “Therefore I say unto you, Go; and whosoever transgresseth against me, him shall ye judge according to the sins which he has committed; and if he confess his sins before thee and me, and repenteth in the sincerity of his heart, him shall ye forgive, and I will forgive him also. Yea, and as often as my people repent will I forgive them their trespasses against me. And ye shall also forgive one another your trespasses; for verily I say unto you, he that forgiveth not his neighbor’s trespasses when he says that he repents, the same hath brought himself under condemnation.”

Opening Song: Repentance - Primary Children’s Songbook #98

Lesson: Do we want to be like Jesus? That would mean that we treat other people kindly all the time. But sometimes we do things that aren’t right and that hurt other people. Jesus has given us a way to make things better when we do something wrong and tonight we want to talk about how we can repent. Repenting means that we recognize that we’ve done something wrong and we try to make it better.

Tonight we want to talk about the process of repentance and specifically how we tell someone we are sorry. The repentance process has 4 main steps - 1) recognizing that you’ve done something wrong 2) confessing what you did 3) making restitution (that means you do what you can to make it better) and 4) promising not to do it again. So tonight we want to practice how we say sorry. Once you’ve realized you’ve done something wrong here’s how you should tell the person that you are sorry. We are going to talk about the 5 steps you should have in your apology. As we go through we’re going to work on an example apology. Pretend you had told someone that no one wants to be their friend, how would you apologize to them?

- 1. I’m sorry for...** When you tell someone you’re sorry you need to tell them what you did that you feel sorry for doing. It’s important that you tell them exactly what you did that was wrong so they know you understand why they’re upset. You need to be specific about what exactly you did that was wrong.
 - a. Bad example:** I’m sorry for being mean.
 - b. Good example:** I’m sorry for saying that nobody wants to be your friend.
- 2. This is wrong because...** You need to specify why what you did was wrong. You need to understand what was wrong about your actions. It will help the other person feel better if you can show that you really understand what was wrong. Try to put yourself in their shoes and think what you would feel would be wrong if they had done something to you.
 - a. Bad example:** This is wrong because I got in trouble
 - b. Good example:** This is wrong because it hurt your feelings and made you feel bad about yourself.
- 3. In the future, I will...** An apology doesn’t mean much if you are going to do it again in the future. If you want the other person to forgive you they aren’t likely to do it if you are planning on turning around and doing the same wrong thing again. One of the most important parts of forgiveness is promising not to do the wrong thing in the future. However, rather than focusing on what you *won’t* do it’s better to think of what you *will* do that would be better.
 - a. Bad example:** In the future I will not say that
 - b. Good example:** In the future I will keep unkind thoughts to myself

- 4. How can I make it better?** If you have hurt someone you should do whatever you can to make it better. If you have an idea for something that might make the other person feel better you could offer that. Maybe say “could I give you a hug?” or “would you like to play with my toy?” or “can I get you some ice?” You probably can’t make the situation all the way better, but offering to do something shows that you don’t want the person to feel bad anymore and you’re willing to make it better.
- 5. Will you forgive me?** The last step is to ask the person if they can forgive you. They might say no, but if you have done all that you can do to apologize and try to make the situation better then that’s all you can do. However we should always try to be the kind of people that forgive. When Jesus was on the earth his disciples asked him how many times they had to forgive someone who had done something wrong against them. They asked if it was enough to forgive someone 7 times 7 times, or 49 times. Forty-nine times would be quite a lot to forgive someone! But Jesus told them that they should forgive the person **70** times 7 times, or **490** times! When he said that he wasn’t saying we should keep track and only extend forgiveness to a person 490 times, but that we should be so quick to forgive that we would forgive even to such an outrageous degree. This is because Jesus has promised us that he will forgive **all** of the things that we do wrong, and if we want him to forgive us, then we need to forgive those around us.

We’re going to try a few examples of things we might have to apologize for and see if we can get the hang of this kind of apology.

1. How would we apologize for hitting our brother? (*Example: I’m sorry for hitting you. This was wrong because it hurt you. In the future I will respect your body. Can I get you something to help you feel better? Will you forgive me?*)
2. How would we apologize for stealing our friend’s toy? (*Example: I’m sorry for stealing your toy. This was wrong because you had the toy first. In the future I will have respect for your property. Would you like to play with my toy as well? Can you forgive me?*)
3. How would we apologize for disobeying our mother? (*Example: I’m sorry for not listening to you. This was wrong because you are trying to give me instructions to keep me safe. In the future I will do the things you ask me. Can I give you a hug? Can you forgive me?*)

It can be hard to say sorry when we’ve done something wrong, but if you do it then you will feel better. You will also be better able to make good friends and people will like to be around you. It’s important for us to recognize when we do something wrong and try to make it better so that we can become more like Jesus.

Bear your testimony: about the power of repentance and the gift of the Atonement.

Closing Song: [Help Me, Dear Father](#) - Primary Children’s Songbook #99

Activity: Play *Sorry!* or *Chutes & Ladders* if your family has either of those games

Treat: Sour Patch Kids, or another sour candy - like the Sour Patch Kids slogan goes “First they’re sour, then they’re sweet”. You can use this to remind kids that even though repenting might seem “sour” at first and not very fun, when they finish the process it will be “sweet” to have made things right.