

# **“I AM SORRY”**

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“I am sorry” is a sweet statement revealing love, humility and repentance. “I am sorry” is a sincere statement that is meant to heal an injury and mend fences. It is targeted at the heart of the offended to cool the temper and soothe nerves, re-establish a free flow of fellowship and love. “I am sorry” is a powerful statement that does not fail to produce the desired result of the speaker. It has ability to penetrate any and every heart and win the offended back to the speaker.

“I am sorry” is rooted in love. Without love in the heart, “I am sorry” cannot be spoken with the passion, conviction and tone necessary for it to be accepted and responded to positively. The heart that harbors pride cannot speak these powerful words. Only peace-loving people say “I am sorry”. Trouble makers don’t. Bitter and angry people don’t.

“I am sorry” looks so simple to pronounce, but it is very heavy for some people. It is so heavy that they cannot find themselves saying it. They are so full of themselves that it is very difficult to pronounce. Rather than say it, they will not admit fault in what is obvious is their fault. This kind of attitude is the reason why many marriages failed and are failing today. Many quarrels could have been avoided if the guilty ones accepted they were guilty and asked for forgiveness. When they admit they are wrong, they will not verbally admit it, or say sorry, but act as if there was no problem in the first place. They don’t seem to care about their partner’s feelings about the whole situation. How can you say you love someone and at the same time do not care how the person feels when you wrong the person? The irony of it all is that those who don’t like to apologize when they offend someone, loves to be apologized to. If the apology is not forth coming from their offender, they will fight on until they get it, yet they don’t like apologizing themselves.

Blaming somebody for what is obvious is your fault is wickedness. It is callousness or cruelty to look the one you say you love in the eyes and accuse him of something you know quite well you are the guilty one just because you don’t want to be the one to say sorry. Blaming someone else other than your spouse is also wrong. I believe if you are man or woman enough to do something, you should be man or woman enough to accept responsibility for it no matter what it will come to. Fear of being scolded should not stop you from admitting you made a mistake or did the wrong thing and apologize. Pride should not stop you either. It is Christ-like to accept your fault and apologize to the one you offended, especially your spouse.

The feelings of your spouse should be your concern because how he or she feels will eventually affect you. No one feels happy when wounded by the one he or she loves and respects. The effect of such injury when not healed is always devastating to the relationship. “I am sorry” is an attempt to make peace and heal the wound created in the heart.

The happiness of your spouse is connected to your happiness. When your spouse is happy you will be happy because it will affect everything he or she does or says. When your spouse is sad, it will affect him or her to the point that you will be affected. Therefore it is important that you give attention to your spouse's feelings. Strive not to hurt or injure your spouse. When you offend him or her, make effort to make peace. Humble yourself to ask for forgiveness by apologizing to your spouse. Do not let pride stop you from acknowledging your mistake and fault. Apologizing to your wife does not mean you are surrendering authority to your wife. It does not reduce you as a husband, but rather increases your rating in the eyes of your godly wife who will submit to you the more because of your humility.

### **A SIGN OF MATURITY**

It is a sign of maturity to acknowledge one's fault and ask for forgiveness. Only mature people are not afraid of shame or humiliation. Mature people do what they know is right irrespective of what people says about them and their actions. It takes maturity to recognize that someone hurts when you say or do something that is wrong, and decide to correct it through rendering a sincere and heart felt apology to the person concerned.

Mature people own up to their own mistakes and short comings. It is immaturity to refuse to acknowledge your mistake and wrong doing, and refuse to apologize. Apology does not diminish or reduce you in any way, but rather lifts and makes you great in the sight of your spouse. Humility leads to exaltation and honor, but pride leads to a fall.

*Prov 15:33*

*33 The fear of the LORD teaches a man wisdom, and humility comes before honor.*

*NIV*

*Prov 18:12*

*12 Before his downfall a man's heart is proud, but humility comes before honor.*

*NIV*

*Prov 22:4*

*4 Humility and the fear of the LORD bring wealth and honor and life.*

*NIV*

*Prov 16:18-19*

*18 Pride goes before destruction, a haughty spirit before a fall. 19 Better to be lowly in spirit and among the oppressed than to share plunder with the proud.*

*NIV*

*Prov 29:23*

*23 A man's pride brings him low, but a man of lowly spirit gains honor.*

*NIV*

*Isa 2:11*

*11 The eyes of the arrogant man will be humbled and the pride of men brought low; the LORD alone will be exalted in that day.*

*NIV*

*Isa 2:17*

*17 The arrogance of man will be brought low and the pride of men humbled;*

*NIV*

Having established that pride is the main reason people don't admit their faults and wrong doings, it is important to state that quarrels will never end in the marriage where the couple or one of the couple does not know how to say "I am sorry".

*Prov 13:10*

*10 Pride only breeds quarrels, but wisdom is found in those who take advice.*

*NIV*

The one that does not know how to say "I am sorry" does not wish his or her marriage to last a life time. Every one wants apology to be made to them when they are wronged. And when it is not forth coming, anger and bitterness rises in the heart of such a person. With such a state of polluted mind, things will definitely not be well in that home until the impasse is resolved.

#### **WHEN APOLOGY IS NOT FORTH COMING**

Jesus taught us to be peace-lovers and makers in life. And as peace-makers, we are to take the initiative in making peace even when our offender refuses to come to us and ask for forgiveness.

*Matt 5:5*

*5 Blessed are the meek, for they will inherit the earth.*

*NIV*

*Matt 5:9*

*9 Blessed are the peacemakers, for they will be called sons of God.*

*NIV*

*Eph 4:2*

*2 Be completely humble and gentle; be patient, bearing with one another in love.*

*NIV*

*Eph 6:15*

*15 and with your feet fitted with the readiness that comes from the gospel of peace.*

*NIV*

*Heb 12:14*

*14 Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord.*

*NIV*

*James 3:18*

*18 Peacemakers who sow in peace raise a harvest of righteousness.*

*NIV*

*Rom 12:18*

*18 If it is possible, as far as it depends on you, live at peace with everyone.*

*NIV*

When your spouse does not apologize, do not withdraw to yourself and start nursing grudges. If you allow the matter to weigh on your mind your marriage will be in crisis. What you need to do is to take the initiative as a peace-maker and accept you are wrong though you are not the guilty one, and say sorry to your spouse who is actually the offender so that peace will return to your marriage. You must not give opportunity to the devil to deepen the wounds of the incident before you start the process of healing.

*Eph 4:26-27*

*26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.*

*NIV*

### **BE PATIENT**

*Eccl 7:8*

*8 The end of a matter is better than its beginning, and patience is better than pride.*

*NIV*

It pays to be patient with one another. Sometimes we seem to forget that change is difficult to effect. In your own life, you will agree with me that there are some things you have been longing to change in your life, but it has been difficult for you to effect change. Many times you have prayed about it, and yet, you are still struggling. In the same way your spouse finds it difficult to effect change where necessary. It is true that you hurt as a result of his or her refusal or difficulty in saying "I am sorry" when you are offended or hurt, but you may not know how your partner struggles inside to break this yoke. He or she may be too proud to tell you the struggles inside. Your spouse needs prayer to make it through to victory. It takes God to break free from a bad habit. Please share your struggles with your spouse for joint effort in tackling them.

It takes patience to deal with this kind of people. You may not have bargained for this before marriage, but you are experiencing it. All you need to do is to pray and be patient in faith that God will intervene and change your spouse in this area.

## FORGIVENESS

Forgiveness is an essential part of love. It is in moments and incidents of offence, that true love is to be displayed. At such a time, forgiveness must come in for love to be expressed and sustained. Forgiveness is the healing balm of relationships. Without it no relationship survives.

### TWELVE THINGS YOU MUST KNOW ABOUT FORGIVENESS

**1 If you forgive others, your own forgiveness is guaranteed.**

*“Forgive us our debts, as we also have forgiven our debtors, and lead us not into temptation, but deliver us from the evil one. For if you forgive men when they sin against you, your heavenly father will also forgive you. But if you do not forgive men their sins, your father will not forgive your sins.” (Matt. 6:12-15)*

**2. Forgiveness will enable you love those who hurt you and even those who hate you.**

*“But love your enemies, do good to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.” (Luke 6:35-36)*

**3. Forgiveness keeps you connected to God.**

Un-forgiveness disconnects a man from God and his grace.

**4. Forgiveness helps you not to keep record of wrongs.**

It deals with bitterness.

*“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.” (1 Cor. 13:4-7)*

**5. Forgiveness establishes God’s protection around the forgiver.**

*“He that diggeth a pit shall fall into it; and whoso breaketh an hedge a serpent shall bite him.(Eccl. 10:8)*

**6. Forgiveness nourishes love.**

7. **Forgiveness keeps love from getting sour.**
8. **Forgiveness strengthens and builds relationship.**
9. **An unforgiving character is the worst character a man will manifest.**
10. **It is to the credit of a man to forgive.**

*"A man's wisdom gives him patience; it is to his glory to overlook an offense." (Prov 19:11 NIV)*

*"It is to a man's honor to avoid strife, but every fool is quick to quarrel." (Prov 20:3 NIV)*

The one who forgives gains more than the one who is forgiven. This is so because it gives him peace with God and guarantees his own forgiveness and protection.

**11. Forgiveness is the healing balm of relationships.**

It helps to heal broken hearts – internal hurts and wounds.

**12. Unforgiving thoughts are unhealthy thoughts that destroy the health of the thinker without warning.**

**CONCLUSION**

From all that we have considered, it is clear that without apology love will not be proven to be love, and relationship will not last long before it crashes. Take out time to work on yourself to put away your pride and take on humility make your marriage endure all the storms that will come against it. Until we all come to full maturity in Christ, we will always offend and be offended no matter how much we profess to love one another. Say "I am sorry" when necessary for peace to reign and love to keep flowing from your hearts to each other. Forbear and forgive always. Make peace now and keep making peace. That is the way it should be.

## **WORD OF WISDOM**

- 1. Beauty is not all you need in a woman, and money is not all you need from a man.**
- 2. Take your time to look for the person you want or you will spend the rest of your life weeping over your poor decision.**
- 3. Faith and patience are necessary for marriage to work.**
- 4. Better a patient man than a warrior, a man who controls his temper than one who takes a city. (Proverbs 16:32)**
- 5. He who covers over an offence promotes love. (proverbs 17:9)**
- 6. Wealth brings many friends. Be sure the one that seeks a relationship with you is actually interested in you and not your money.**
- 7. Discipline your son, for in that there is hope; do not be a willing party to his death. (Proverbs 19:18)**
- 8. He who loves pleasure will become poor; whoever loves wine and oil will never be rich. (proverbs 21:17)**
- 9. A humble wife brings out the lover in the husband.**
- 10. The sweetness of marriage can only be discovered when the home is peaceful.**
- 11. Trust gives strength to a relationship.**