



The Way of Mercy

When we make a bad choice, say or do things that we shouldn't, hurt someone, or break the trust of a family member or friend, it's important to take ownership of our actions (or inactions), apologise for it and rebuild the relationship.

More than "I'm sorry"

Restoring relationship requires more than simply saying "I'm sorry". This is an 'I centred' statement. Even when it is sincere (which is necessary), it is often not sufficient on its own to restore the relationship fully. It is only the first step on the 'Way of Mercy' and needs to be followed by a **empathetic** statement that expresses your awareness of the harm done, a **promise** to do it differently in the future, and then a request for **forgiveness**.

Asking for forgiveness is not easy. It takes humility to do this and requires us to surrender our power to the other; we are at their mercy - they can choose to grant forgiveness or to withhold it. Hopefully, your sincerity will make it easier for them to accept your apology, grant forgiveness and you can begin to rebuild your relationship.

The Mercy of Jesus

When we hurt another, we also damage our relationship with God. The Sacrament of Reconciliation is an unique place to encounter the Mercy of Jesus.

If you need to make an apology, follow these steps.

1. SORROW

I am sorry for... (state what you did, said or failed to do)

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2. EMPATHY

It was wrong because... (say how it harmed the other person)

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3. PROMISE

In the future I will... (make a commitment to do it differently)

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4. MERCY

Please forgive me. (It takes humility to ask for forgiveness!)

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