

MODULE 5 — GIVE A GENUINE APOLOGY AND CHOOSE FORGIVENESS

Both Sides of the Same Covenant Coin

Psalm 51:4 • Ephesians 4:32

STEP 1 — SELF-ASSESSMENT (complete individually before discussing)

On a scale of 1–10, how genuinely do I apologize — naming the offense and taking full responsibility, without excuses — and how fully do I forgive, as a decision rather than a feeling?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“Apology is not weakness — it is the acknowledgment the relationship matters more than your position.”

“Forgiveness is not a feeling. It is a covenant decision — made before the emotion arrives.”

STEP 2 — YOUR PARTNER'S VOICE (both respond in their own words)

When I apologize, do you feel I take real responsibility — or minimize and deflect? When you have hurt me, what would help you know I have fully forgiven you — not just heard an excuse?

HIM	HER
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STEP 3 — ACTION COMMITMENT (each spouse completes)

One offense I have not fully apologized for — naming it, owning it, making it right, changing, and asking forgiveness — and the first step I will take this week:

STEP 4 — REFLECTION (honest, private, written)

Is there an apology I am still waiting to receive — and have I truly let it go? Is there one I owe but have avoided out of pride? What is leaving either unresolved costing us?

AFTER THE MODULE — Alignment Check

What is the one change we will both commit to making in how we apologize and forgive, starting today?

Signed: _____ Date: _____