



# Making Things Right: A Teen's Guide to Apologizing and Forgiveness



Learn how to take responsibility, offer sincere  
apologies, and seek forgiveness to heal relationships  
and grow in grace.

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## Introduction

**Making mistakes is a part of life, especially during our teen years when we're learning who we are and how to relate to others.** Sometimes, those mistakes hurt people we care about, leaving us feeling guilty or unsure about how to make things right. This study is designed to guide you through the important process of apologizing sincerely, seeking forgiveness, and restoring relationships with honesty and humility.

*Apologizing isn't always easy — it takes courage to admit when we're wrong and accept responsibility for our actions.* But by doing so, we open the door to healing and deeper connections. The Bible teaches us that forgiveness is a powerful gift both to receive and to give. Jesus showed us the ultimate example of forgiveness, encouraging us to forgive others as we have been forgiven.

Over the next three days, we'll explore what it means to make things right from God's perspective. You'll find encouragement and practical steps to say "I'm sorry" in a way that truly shows you care. **Whether you've hurt someone by words or actions, this study will help you understand how to move forward in grace and truth.** Remember, no mistake is too big for God's forgiveness, and every sincere effort to reconcile honors Him and strengthens your relationships. Let's take this journey to healing and restoration together.





## Day 1: 💛 Taking Responsibility: The First Step to Healing



Day 1: 🧡 Taking Responsibility: The First Step to Healing

## Your Verse

*James 5:16 – "Therefore confess your sins to each other and pray for each other so that you may be healed."*

## Supporting Scriptures

- *Proverbs 28:13 – "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."*
- *1 John 1:9 – "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*



Day 1: 🧡 Taking Responsibility: The First Step to Healing

# Devotional: Courage to Admit and Confess Our Wrongs

**Admitting when we've done wrong is tough but essential.** Taking responsibility is the first courageous step toward making things right. Sometimes pride or fear keeps us from confessing our mistakes, but the Bible encourages us not to hide our sins. In fact, trying to cover them only causes more harm.

James 5:16 reminds us to confess to one another — not just to ourselves or God — so that healing can begin. When we open up and honestly acknowledge the hurt we've caused, it creates space for forgiveness and restoration. It's okay to feel vulnerable; courage grows when we step forward in truth.

*Proverbs tells us that mercy follows confession and repentance.* God is ready to forgive and cleanse us when we are honest about our actions. This truth can give us confidence to approach those we've hurt and say, "I was wrong." God's forgiveness empowers us to seek forgiveness from others with humility.

Think about any situation where you've messed up or hurt someone. What fears hold you back from taking responsibility? Today is about embracing that first step with God's strength. Remember, healing begins when you choose honesty over hiding.



Day 1: 🧡 Taking Responsibility: The First Step to Healing

## Reflect and Apply

1. Why is it so hard for you to admit when you've made a mistake?

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2. How can confessing your mistakes to others bring healing?

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3. What does God's promise of mercy mean to you when you take responsibility for your actions?

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Day 1: 🧡 Taking Responsibility: The First Step to Healing

## Journaling Prompts

1. Write about a time you avoided responsibility. How did it affect your relationship?

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2. List personal fears you have about apologizing to someone.

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3. Reflect on what it looks like to take responsibility with humility.

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Day 1: 🧡 Taking Responsibility: The First Step to Healing

## Prayer for Today

**Dear God,** thank You for Your mercy and for always being ready to forgive us when we confess. Please help me have the courage to take responsibility for the mistakes I've made, even when it feels scary or uncomfortable. Teach me to be honest and humble in my relationships, and help me to trust that healing can begin when I take this first step. Thank You for Your love that never fails. In Jesus' name, amen. ❤️ 🙏 🕊️





## Day 2: Saying Sorry: How to Apologize Sincerely



## Your Verse

*Matthew 5:23-24 - "If you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there... First go and be reconciled to them."*

## Supporting Scriptures

- *Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*
- *Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."*



## Devotional: The Heart Behind a Genuine Apology

**Apologizing is more than just saying 'I'm sorry.'** It's about showing genuine regret and a readiness to make things right. Jesus teaches us the importance of reconciliation, especially before worshiping God. When we realize we've hurt someone, He calls us to prioritize making peace with them.

A sincere apology recognizes the impact of our actions and expresses empathy toward the person we've hurt. It means listening carefully, avoiding excuses, and promising to change. Ephesians reminds us to use words that build up, not tear down. This means our apology should be thoughtful and kind.

*Forgiving others the way God forgives us is also key in rebuilding trust and love.* When we apologize with a humble heart, we invite healing and invite God's grace to flow.

Take a moment to reflect on how you can say sorry in a way that shows you truly care. What words or actions might you add to your apology to make it sincere? Remember, God honors those who seek to make things right with honesty and love.



## Reflect and Apply

1. What makes an apology feel sincere to you?

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2. How can your words build others up even when admitting fault?

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3. Why does Jesus place such importance on reconciliation?

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# Journaling Prompts

1. Write a heartfelt apology you wish you could say to someone.

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2. Identify ways you might excuse yourself instead of apologizing and how to change that.

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3. Describe how you can show change after apologizing.

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Day 2: 💬 Saying Sorry: How to Apologize Sincerely

## Prayer for Today

**Lord**, please help me to apologize with a sincere heart and words that bring healing. Teach me to listen and understand how my actions have affected others. Give me the wisdom to say sorry in ways that build up rather than tear down. Help me to forgive others as You forgive me, so I can live in peace and love. Thank You for Your patience and grace. In Jesus' name, amen. 🙏💬❤️





## Day 3: 🌿 Receiving Forgiveness and Moving Forward





Day 3: 🌿 Receiving Forgiveness and Moving Forward

## Your Verse

*Psalms 103:12 - "As far as the east is from the west, so far has he removed our transgressions from us."*

## Supporting Scriptures

- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*
- *Luke 17:3-4 - "If your brother or sister sins against you, rebuke them; and if they repent, forgive them."*



Day 3: 🌿 Receiving Forgiveness and Moving Forward

## Devotional: Healing Through Acceptance and Grace

**After apologizing and seeking forgiveness, it's important to accept and receive forgiveness, both from God and others.** Psalm 103 reminds us that God removes our sins completely, as far as the east is from the west. This shows us the depth of His grace and the promise of a fresh start.

When you forgive yourself and receive forgiveness from someone you hurt, it frees you from guilt and shame that can weigh heavily on your heart. 2 Corinthians assures us that in Christ we become new creations — our past mistakes do not define us.

*Forgiveness is also a continual process in relationships.* Luke encourages us to forgive repeatedly when others repent, which builds trust and reflects God's own forgiveness toward us.

Moving forward means learning from the past and committing to live differently, motivated by love rather than fear. Today, consider how accepting God's forgiveness can empower you to offer the same grace to yourself and others.



Day 3: 🌱 Receiving Forgiveness and Moving Forward

## Reflect and Apply

1. How does knowing God fully forgives you change your view of your mistakes?

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2. What fears or barriers might prevent you from accepting forgiveness?

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3. In what ways can you begin to move forward healthier after seeking forgiveness?

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Day 3: 🌿 Receiving Forgiveness and Moving Forward

# Journaling Prompts

1. Write about how it feels to be forgiven by God and others.

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2. Reflect on any bitterness or shame you need to release.

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3. Plan one practical step to rebuild trust in a relationship.

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Day 3: 🌿 Receiving Forgiveness and Moving Forward

## Prayer for Today

**Gracious Father**, thank You for forgiving me completely and removing my sins far away. Help me to accept Your forgiveness and the forgiveness of those I have hurt. Please heal the relationships and brokenness caused by my mistakes. Teach me to forgive others as You have forgiven me, walking forward with peace and grace. May Your love renew me each day. In Jesus' name, amen. 🌿❤️🙏





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