**MAKING JESUS REAL - SESSION 3    - SORRY**

Thank you once again for taking the time to read this session and especially for the great response that I am getting for the Making Jesus Real Reflection sheet for Parents. I am getting stopped in the street while parents and grandparents are telling me of the changes they are already seeing in their children’s behaviour. Parents are thrilled that we are taking the time to make Jesus more real in our everyday lives. Remember it is very easy as it is the way we GREET, MEET and SPEAK to each other. I know it seems to be very settled on the playground. Jesus is certainly present out there.

On our journey to become a W.E.S.T. person, this week’s focus is S for SORRY.  This is such an appropriate value during the week leading up to Easter. This week is HOLY WEEK and a time where we can really reflect on our behaviour and the things we need to do in order to change.
What perfect timing, as EASTER is all about new beginnings and fresh starts.

Sorry is a small word that is a very important word in life and in every relationship we have. It is a great strength to recognise that you have done something wrong, admit it and say sorry. Some people, on the other hand, will deny aggressively that they are not in the wrong even though they are wrong and they know it. Big hearted people can say “sorry’ or apologise, and it is an important life skill to have. We all need to be able to recognise and acknowledge that we have made a mistake and are able to apologise for it. To be able to say sorry, you firstly have to admit to yourself that you need to apologise and that takes **HUMILITY, STRENGTH OF CHARACTER and MENTAL TOUGHNESS**. So it certainly isn’t a sign of weakness in a person to be able to say sorry and mean it, but a sign of strength.
When someone says SORRY to us we also have to learn to forgive. To say that’s OK. Maybe even I’m SORRY too. Let’s forget about it.
Continue to talk to your children about these things so it starts to become a habit.
REMEMBER: REPEATED good or bad behaviour creates habits and habits form character.

How do I want myself to be remembered?



**REFLECTION SORRY**

Ask Jesus to help you change your habits by doing this little reflection.

Find 5 minutes to sit silently. Read and Think about these questions. That is prayer.

Have I hurt anyone today by my words, actions or my gestures?

Did I blame others for my own behaviour?

Did I put people down by my words or body language?

Did I contribute to any gossip about others?

Did I fail to stand up for others for fear of being isolated from my friends?

Do I plan to pay people back?

Does my ego or pride stop me from recognising my part in an argument?

Did I say sorry to the people I hurt today?

Did I forgive the people who hurt me today?

Do I need to learn to be more forgiving?

ACTION:

Make some plans to implement strategies for when you are annoyed by someone’s behaviour so you won’t react in a negative way.

Try not to make excuses for your behaviour and likewise don’t let your children make excuses for their behaviour. Take responsibility and learn to say sorry when needed.

Don’t blame others for your behaviour and look at your part in the scenario. Help your children to do the same. There are always two sides to every confrontation.

How am I going to be a better person tomorrow?