A Recipe for Repentance

On a recent "Focus on the Family with Jim Daly" program, Dr. Gary Chapman explained how to make a sincere apology by using the "apology language" of the person you've wronged, especially if it's your spouse. The next important step is to have a conversation with God, as Dr. Chapman describes here.

Here's my encouragement. Sometime in the next two or three days, you just get alone with God. And say to God. "Lord, I know I'm not perfect. So where am I failing in my marriage? What am I doing and saying that I should not? And what am I failing to do and say that I should?" And whatever God brings to your mind, you write them down. And then you confess them to God.

I had a man give me his list the other day. He took my advice. And he said, "Here's what God told me…

"I am a control freak.
I lack forgiveness.
I lack kindness.
I put too much importance on money.
I don't give enough time to my children.
I have critical nature.
I'm not generous enough with my wife.
And I am mean-spirited."

Dr. Chapman went on to share what God told another lady, not this man's wife.

She said,
"I verbally cut my husband down.
I make him feel incompetent.
I resist physical intimacy.
I bring up the past constantly.
I make him feel like he's not good enough.
I have resorted to name-calling."

Dr. Chapman concluded: "God will tell you what's wrong with you, and then it's your responsibility to confess those things to God and to each other."

If you need help for your marriage, please call 800-A-FAMILY (800-232-6459) and ask for a free call back from one of our caring Christian counselors. Or visit hoperestored.focusonthefamily.com to learn about our intensive marriage counseling experiences available across the U.S. and Canada.

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