



If we're honest, we know that in our lives we mess up, we go wrong, we fall short of our own standards – let alone of God's.

And when that mounts up in our lives we end up feeling isolated, guilty and ashamed.

Saying sorry is a really important way of keeping our relationships with each other healthy. It means we can trust each other. It's no different in our relationship with God.

In this session we explore how we approach this vital part of prayer, how we relate to Jesus – who forgave his enemies – and what happens when we say sorry from the bottom of our hearts and become willing to try and set things right.

You can find the full series of Exploring Prayer [here](#).

Blessings,

++Justin

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