



Discussion Plan

Elle Limebear

Theme

Sorry



"It's so **beautiful** when we let our guard down, shake off our pride and **say sorry.**"



Opener (5 minutes)

Challenge: In pairs, write down as many song names or lyrics that you can think of that include '**sorry**'. Whoever has the most after a 2-minute countdown wins!

Think about: When was the last time you said sorry?

Video (3 minutes)

Watch Elle's video on [Instagram](#), [YouTube](#) or [Vimeo](#).



Table Talk (10 minutes)

Saying 'sorry' is often one of the hardest things that we can say. In her video, Elle reflects on when she's upset someone or has disappointed God, she feels like she has let people down. Elle notes pride as something that gets in the way of her saying sorry to other people, or to God. We need to say sorry when we're in the wrong – breakthrough and freedom comes when we say sorry.

Around your table at home, church or in school, with the person next to you discuss these themes that came up in the video.

1

Saying sorry can sometimes be one of the hardest things to do, as it shows that we are not perfect and that we get things wrong. But when we do not say anything, this can cause breakdowns in our relationships.

Question – When have you needed to say sorry for something you did or said, that affected your relationship with someone?

2

Throughout the Easter story in the Bible, we learn that God sent His Son to die, and to rise again, as the ultimate sign of forgiveness for us. That act of mercy means that, however many times we turn away from God and need to say sorry to Him, He always forgives.

Question – Where have you seen forgiveness in your family or friends' relationships?

Action (7 minutes)

Reconciliation and forgiveness are hugely important parts of any relationship, whether it be our friends, family or in our relationship with God. In her video, Elle challenges us to pray to God and ask Him if there is anyone in our lives that we need to say sorry to. She mentions calling them up or meeting them for a walk to say sorry, and to watch what God does with your action of saying sorry. Being able to admit where we have done wrong can be challenging, but 'freedom' comes when we go through these difficult times.

Action: Reflect on the past few months and ask God who you need to apologise to. It might be for something small or something big. Think about how you might say sorry to that person in a meaningful way.

- Who do you need to say sorry to?
- How can you apologise to them in a way that will build a stronger relationship for the future?
- Who do you need to forgive, that has not yet apologised to you?



Think about your five: Think about your five friends that you committed to praying for at the beginning of these sessions. How can you model saying sorry to them, to find freedom and breakthrough in their relationships?

Prayer (5 minutes)



Prayer at Youth Groups

Gather your group. Say this short prayer, then, leave space for the group to individually speak out the names of people they need to apologise to. This could be out loud or in their heads. Just the names, not the thing they are sorry for.

Lord, we are **sorry** for the times we get it wrong. We know that through it all, you **love** us so deeply. We bring to you the things we're sorry for now and ask that you would help us to reconcile these relationships.

Amen.

Prayer at School

Sit in silence for a minute and think about something you want to apologise for. It might be to God, or to someone you know. Say this short prayer.

God, I'm **sorry** for the times that I have got it wrong. Thank you for your **grace** and **forgiveness**.

Amen.

Prayer at Home

Say this prayer in your head the next time you are about to wash your hands today.

God, I'm **sorry** for the times I have let you, my friends and my family down. Be with me as I learn and grow. I know you **love** me. Thank you.

Amen.



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