

A LIFE
WELL
LIVED...



Be
Good
and
True
to
Love
Yes



Ira Byock: The 4 Things That Matter Most

- Please forgive me
- I forgive you
- Thank you
- I love you
- (Goodbye)

(Byock, 2004)

A Life Well-Lived

Matthew 5:23 “... if you are offering your gift at the altar and there remember that your brother has something against you,²⁴ leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.”

Luke 15:18 “Father, I have sinned against heaven and against you.¹⁹ I am no longer worthy to be called your son; make me like one of your hired servants.”



A Life Well-Lived

The Seven A's of Apology

- 1) Address everyone involved
- 2) Avoid words like “if,” “but,” and “maybe.”
- 3) Admit specifically
- 4) Acknowledge the hurt
- 5) Accept the consequences
- 6) Alter your behavior
- 7) Allow for time