

**Agathos Ministries**  
Hosted at the Guardian Academy  
**2782-E Sweetwater Springs Blvd.**  
**Spring Valley, CA 91977**  
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**DEVELOPING A FORGIVING CHARACTER**

The Belt Principle: WBtBB: \_\_\_\_\_  
White Belt to Black Belt

**1. MotM.** \_\_\_\_\_ **FIRST: FtOW:** \_\_\_\_\_

**2. DtW.** \_\_\_\_\_

**3. LIG.** \_\_\_\_\_ **SECOND: FYYS:** \_\_\_\_\_

**4. PIA.** \_\_\_\_\_  
Middle of the Memory. Determine the Wrong. Let It Go. Put It Away. Forgive the Original Wrongdoer, Forgive Your Younger Self

**Technique: TETC: TOL** \_\_\_\_\_  
Take Every Thought Captive: Talk Out Loud

**6MtE, EiS:** \_\_\_\_\_  
Six Months to Easy, Easy is Skill

**2YtA, AiC:** \_\_\_\_\_  
Two Years to Automatic, Automatic is Character

**RECEIVING FORGIVENESS: THE FOUR POINT APOLOGY**

**Cultural: SIS, RwTO:** \_\_\_\_\_  
Say "I'm Sorry. Respond with "That's Okay."

We know the proper response to "I'm sorry" is IFY: \_\_\_\_\_  
"I Forgive You"

because we know that if someone did something wrong, INO: \_\_\_\_\_  
It's NOT Okay.

**Ni4xMPTP:** \_\_\_\_\_  
Negative is Four Times More Powerful Than Positive

**Pebble/Rock: WDaP, TGHbaR:** \_\_\_\_\_  
We Drop a Pebble, They Get Hit by a Rock

**Why DO an FPA? Because IFP:** \_\_\_\_\_  
It's Four Points.

If Negative is Four Times More Powerful than Positive, then One Point of Negative needs Four Points of Positive to repair the damage. The Four Point Apology Respects the Pebble/Rock dynamic. It shows respect for the damage we did.

**Because IHUR:** \_\_\_\_\_  
It Helps Us Remember

A casual "I'm sorry" costs us nearly nothing and expresses nearly nothing because it's barely a formality. When tainted with sarcasm and resistance, or when coupled with foolish additions like "I'm sorry you're hurt" it can mean less than nothing and do more damage than even no apology at all. But a Four Point Apology reminds US about the importance of the Person and the importance of the Relationship. It reminds US how wrong we were, and it allows the other person a genuine response.

**The Four Point Apology:**

**1. AtP:** \_\_\_\_\_  
Affirm the Person

**2. AtR:** \_\_\_\_\_  
Affirm the Relationship

**3. EGR:** \_\_\_\_\_  
Express Genuine Regret

**4. AfF:** \_\_\_\_\_  
Ask for Forgiveness

There is no guarantee a person will forgive us. That's up to them. But it leaves the ball in their court. We did our part. When we Sin, a Four Point Apology to God guarantees Forgiveness. We gain the same benefits when we 4PA to God. It respects that it was Our Sin that got Jesus nailed to the Cross. It helps us remember because it makes confession a big deal.