The 5-Rs of Repairing Relationships

STAGE	STATE	QUOTES	SCRIPTURES
1) Release (Me) 	Forgiveness One-sided	“Let go and let God” Forgive but not forget “If its to be, its up to me”	Matthew 18:21-25 Romans 12:19
2) Repent (Them) 	Remorse Apologize Desire for 180 turnarounds	“Cheap grace is preaching forgiveness without requiring repentance.” - Dietrich Bonhoeffer “Repentance is not just saying sorry, its turning from sin and turning toward God.”	Luke 15:17-24 (Prodigal Son) 1 John 1:9 Proverbs 18:13
3) Restitution (Them) 	Honest attempt to restore what was lost or damaged	“I was wrong, now I want to make it right.” Restitution = changed behavior + reparative action “Justice demands not only confession and contrition, but also action to heal the harm”	Luke 19:8 (Zacchaeus) Exodus 22:1-15
4) Reconcile (Us) 	Reconciliation is the restoration of trust, not the erasure of truth. It begins where forgiveness meets humility.	Meeting at least halfway if not more	Matthew 18 2 Cor 5:18-20
5) Redemption (God and Us) 	Good as new Better Supernatural	Clean slate and better because of it. “Turning scars into stars”	John 21:15-17 (Peter)