

Issue 30 - Teaching Repentance at Home (So It Lives in Marriage Too)

Messy Story of the Week

Ten-year-old Ava slammed her bedroom door. Her younger brother stood in the hallway, blinking back tears. His model airplane lay in pieces on the floor.

“I said I was sorry!” Ava called from behind the door.

Technically, she had. She had shouted it while walking away. Their mom didn’t rush to fix the plane. She didn’t lecture. She knocked gently.

“Ava, come sit with me for a minute.” Arms crossed, eyes blazing, Ava sat down. “Why did you say sorry?”

“Because I broke it.”

“And why was that wrong?”

A pause.

“...Because it was his?”

“And what do you think that felt like for him?”

Silence.

Then quieter: “Like I didn’t care.”

Her mom nodded. “What could you do differently next time you feel that angry?”

“I could walk away. Or ask for help.” They walked back into the hallway together. This time, Ava knelt beside her brother.

“I’m sorry I broke your plane. I was mad and didn’t stop. I hurt something that mattered to you. Next time I’ll walk away.”

It wasn’t dramatic. It was steady. It felt different. Not because the word “sorry” was said.

But because ownership was taken.

Faithful God Then and Now

Luke 19:8

“If I have cheated anybody out of anything, I will pay back four times the amount.”

When Zacchaeus encounters Jesus, he doesn't simply feel remorse. He restores what he damaged. Biblical repentance includes acknowledgment, responsibility, and change. God's forgiveness is generous — but His design for repair is intentional.

When repentance is real, direction shifts.

What We Can Learn

- “Sorry” is a starting point, not a finish line.
 - Children need help naming impact, not just behavior.
 - Repentance includes changing direction.
 - Teaching repair in childhood forms adults capable of healthy marriage.
 - Slowing down an apology strengthens trust long-term.
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Behind the Curtain

In coaching, I often see couples who were never taught how to articulate the impact of their actions on their spouse — or how to achieve real change. They know how to end arguments, but they don't know how to rebuild trust.

Early in my parenting years, I sometimes accepted quick apologies because they lowered tension in the moment. It took maturity to realize that peace without repair is fragile.

When children are trained to name what they did, why it mattered, and how they'll change, they grow into adults who can repair instead of deflect.

Family culture forms relational habits. Small training moments become lifelong patterns.

Faithful Family Tools

If you want to go deeper into this:

- On Facebook: [Faithful Families | Christian Marriage and Parenting Help | Facebook](#)
- Work with me - [Start the application process](#)

Faith Step for the Week

The next time someone says “sorry” in your home — pause gently.

Ask:

“What happened?”

“What was the impact?”

“What will you do differently?”

Not to shame.

To strengthen.

2-Minute Practice

Write one sentence describing what healthy repentance sounded like in your childhood — or what you wish it had sounded like.

Awareness breaks generational repetition.

Prayer

Lord,

You do not rush repentance, and You do not shame it.

Teach us to slow down enough to name what matters.

Give us courage to own what we break.

Form in our homes a culture where repair is steady and trust is rebuilt.

Shape our children into adults who know how to restore what they damage.

Amen.

Coming Next

Next week, we'll talk about partnership in marriage — and why “helping” is not the same thing as shared ownership.