

The Sticky Stuff: Sticking Together Through Contempt

By Kevin Kusunoki, June 08, 2025

"You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell.

Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you will be thrown into prison. Truly I tell you, you will not get out until you have paid the last penny."

Matthew 5:21-26 NIV

False Apologies:

1. The Deflector ✓
2. The Generaliser ✓
3. The Backhander ✓

Three elements to repair:

1. Name it ✓
2. Take responsibility ✓
3. State correction ✓

REFLECTION QUESTIONS

1. What relationships in your life do you harbour some level of contempt? What small thing can you do to begin the process of repair?
2. What forms of false apology do you tend to use? (If you are discussing this in a group, ask members to identify this in each other.)

