

## *Washington's Apology*

During the Revolutionary War, when the troops of Gen. George Washington were at Cambridge, Massachusetts, he discovered that his army was completely out of gunpowder.

He sent Col. John Glover to Marblehead for a fresh supply.

When Glover returned that evening, he found Washington pacing up and down before his headquarters. Without returning Glover's salute, Washington demanded:

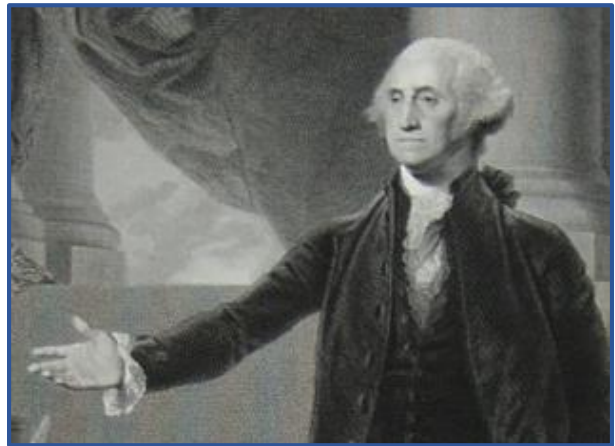
"Have you got the powder?"

"No, sir," replied the colonel.

Washington used some rather severe language, winding up roughly.

"Why did you come back, sir, without it?"

"Sir," said Glover, "there is not a kernel of powder in Marblehead."



Greatly disturbed and chagrined, Washington walked up and down for a few minutes, and then turned to Glover.

"Col. Glover, here is my hand. If you will, take it and forgive me. The greatness of our danger made me forget what is due to you and to myself."

This incident provides insight into the greatness of George Washington.

Apology can change lives. Almost like magic, apology has the power to repair harm, mend relationships, soothe wounds and heal broken hearts.

Beverly Engel, psychotherapist and best-selling author, says apology "is not just a societal nicety. It is an important ritual, a way of showing respect and empathy for the wronged person. It is also a way of acknowledging an act that, if otherwise left unnoticed, might compromise the relationship. Apology has the ability to disarm others

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of their anger and to prevent further misunderstandings. While an apology cannot undo harmful past actions, if done sincerely and effectively, it can undo the negative effect of those actions.”

She adds that apology benefits both the receiver and giver, and is crucial to our mental and even physical health. “Research shows that receiving an apology has a noticeable, positive physical effect on the body,” she said. “An apology actually affects the bodily functions of the person receiving it – blood pressure decreases, heart rate slows, and breathing becomes steadier.”

Is there someone you should apologize to today? You’ll both be blessed by it.

*Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you (Ephesians 4:32 ESV).*

– Beecher Hunter