

Lesson  
23

# Apologizing and Forgiving 謝罪と許しの表現

I didn't mean that. そんなつもりはなかったんだ。

## Lesson Focus

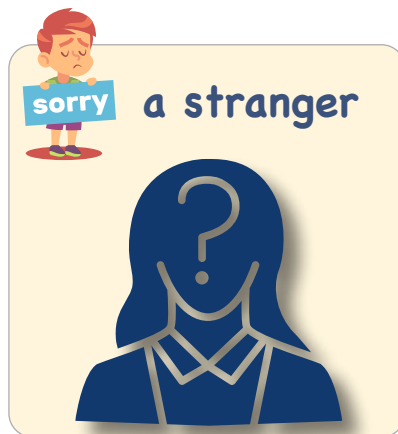
英語では謝罪の気持ちを表すさまざまな言い回しがあります。状況に応じた適切な表現を身につけましょう。また、謝罪した相手に許しの気持ちを表現する言い方も学びます。

### レッスン前に準備しましょう

最近自分が謝ったときのことを思い出して、どんな表現を使ったのか話せるようにしておきましょう。

## L-1. Warm-up ウォームアップ

When was the last time you said sorry to...?



## L-2. Vocabulary and Expressions ボキャブラリーと表現

### Basic Expressions

I MESSED UP.



#### Apologizing

I'm so/truly/deeply/terribly sorry.

I apologize.

Sorry for what I did/said.

Can you forgive me?

I didn't mean that.

I was wrong.

#### Forgiving

No problem.

Apologies accepted.

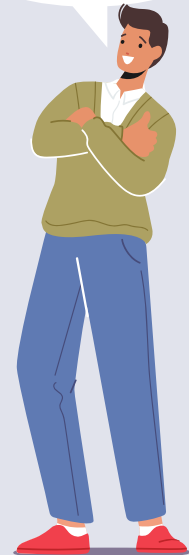
That's OK.

It's all right.

Don't worry about it.

Forget about it.

NO WORRIES.



apologize - 詫びる

forgive - 許す

promise - 約束

relieved - ホットした

### Advanced Expressions

#### Apologizing

**My bad.** “私が悪かった” - 自分の過ちを認める

**I screwed up.** “やらかした” - 自分の大きなミスを認める

**I sincerely regret it.** “本当に後悔している” - 謝罪をより真剣に伝える

**How can I make it up to you?** “どうすれば許してくれる?” - 再び信頼を得る方法を尋ねる



#### Forgiving

**It's not a big deal.** “大したことではない” - 問題が軽微であることを示す

**I accept your apologies.** “謝罪を受け入れる” - 問題が解決したことを示す

**It happens.** “よくあること” - 過剰に心配することがないことを示す

**No harm done.** “害はなかった” - 誰も被害を受けなかったことを示す



## Let's practice!

Choose the expression you want to use for each situation.  
Then, pick one situation and do a short role-play with your teacher.

stepping on  
someone's foot



Asking for an apology:

\_\_\_\_\_.

Accepting an apology:

\_\_\_\_\_.

arriving late to class



Asking for an apology:

\_\_\_\_\_.

Accepting an apology:

\_\_\_\_\_.

spilling coffee  
on a friend's shirt



Asking for an apology:

\_\_\_\_\_.

Accepting an apology:

\_\_\_\_\_.

### Asking for apologies

I screwed up.

I'm terribly sorry.

I apologize.

### Accepting apologies

No worries.

Apologies accepted.

It happens.

## L-3. Core Sample Talk サンプルトーク

Act this out with your teacher. Try to make eye contact when you talk.

先生と音読しましょう。アイコンタクトを心がけましょう。

Teacher : Tell me about a time you apologized to someone.

Student : I made a mistake in our brass band performance.

I said to my band members, "I'm truly sorry."

But my friends said, "Don't worry about it." I felt relieved.

Teacher : That's a nice story.

Student : How about you?

Teacher : I broke a promise with one of my best friends,  
so I said, "Sorry for what I did."

Student : Did your friend forgive you?

Teacher : Yes. She said, "No worries. You are my best friend."

Student : Your story is good, too.



## L-4. Let's Talk レッツ・トーク!!

レッスンの中で一番大切なアクティビティです。

今学んだこと、練習したことを活かして、自分の言葉で自由に表現してみましょう。

**1** Talk about a time when you had to apologize to someone

**You should say...**

- who this person is
- when it happened
- why you had to apologize
- what you said to apologize

**and explain how you felt after apologizing**

**2** Ask your teacher to talk about a time when someone apologized to him/her

**Try to get them to say....**

- who this person is
- when it happened
- why this person apologized
- what he/she said after hearing the apology

**and how he/she felt after this person apologized**

**3** Discuss with your teacher...

**The similarities and differences between Japan and the Philippines in terms of:**

- making an apology
- accepting an apology
- the person's attitude after asking for an apology and/or accepting an apology



**Useful expressions**

- That was rude of me. I'm sorry.
- Please forgive me for...
- I didn't mean to hurt you.

## A Short Prayer お祈り

今日の感謝の気持ちを祈ります。

感じていることを素直に自分の言葉にして、英語でお祈りしてください。

*Let us pray...*

Thank you, god, for my friends and my family.

Thank you, god, for this wonderful English lesson.

Thank you for giving me so much.

Thank you for helping me study in school.



*In Jesus' name we pray. AMEN.*

I thank you for.....

Dear God,  
Thank you for.....

