

# GETTING OVER IT

## Learning to forgive.

Definition: Offended

- Resentful or annoyed, typically as a result of a perceived insult.

10 And then shall many be offended, and shall betray one another, and shall hate one another. Matthew 24:10 (KJV)

- An offense is an event, but being offended is a choice.

Learning to forgive has nothing to do with how you feel.

Learning to forgive is a spiritual discipline.

25 But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. Mark 11:25 (NLT)

We have to take our emotions out of it, if we're going to get over it.

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:31-32 (NLT)

7 For God did not give us a Spirit of fear but of power and love and self-control. 2 Timothy 1:7 (NET)

- Our life is too short and our calling is too great to choose to be offended.

11 A man's wisdom gives him patience; it is to his glory to overlook an offense. Proverbs 19:11 (NIV)

14 Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord. 15 See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many. Hebrews 12:14-15 (NIV)

- Bitterness has a dangerous root.

15 See to it that no... bitter root grows up ... Hebrews 12:14-15 (NIV)

- Bitterness has a poisonous fruit.

See to it that... no bitter root grows up to cause trouble and defile many. Hebrews 12:15

...whenever (the bitter root) springs up, many are corrupted by its poison. Hebrews 12:15 (NLT)

The Fruit of bitterness:

- We easily see the bad in others.
- We feel justified in criticizing and gossiping.

- We secretly celebrate the misfortunes of others.
- We tear other people down.

<sup>2</sup> Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Ephesians 4:2 (NLT)

- We attribute our own behavior to our circumstances while attributing someone else's actions to their character.

We have to be mindful of the gap between the actions of others and our reaction.

- The devil wants you to fill the gaps with accusations.

19 An offended friend is harder to win back than a fortified city. Arguments separate friends like a gate locked with bars. Proverbs 18:19 (NLT)

- God wants you to fill the gaps with love.

<sup>9</sup> Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends. Proverbs 17:9 (NIV)

12 Hatred stirs up strife, but love covers all offenses. Proverbs 10:12 (ESV)

<sup>13</sup> Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Colossians 3:13 (NLT)

<sup>2</sup> Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Ephesians 4:2 (NLT)

Sometimes the worst done to you can bring out the best in you.



## TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

### Questions for Connection Groups:

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- Do you know someone that is easily offended? In your opinion, why do we choose to be offended?
- Do you agree with the point: "We have to take our emotions out of it, if we're going to get over it." Explain why you feel as you do?
- What does this statement mean to you: "Our life is too short and our calling is too great to choose to be offended"?
- Can you think of some other "fruits of bitterness" that aren't mentioned?
- Read Ephesians 4:2; How does love enable us to make allowances for the faults of others?
- Do you find that we justify our own behaviors and condemn the same actions in others? Explain.
- How mindful are you of the gap between the actions of others and your reaction? How can we pay more attention to that gap?
- Why are we so driven to accuse others rather than give them the benefit of the doubt? Do you find yourself accusing others or praying for them?
- How can we fill the gaps with love?

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OTHER NOTES:

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# WELCOME

Our Series:



**Today's Talk..**  
**"Choosing not to be offended"**

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Get connected! Try out a Connection Group.



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Information available in the courtyard.



**The Quest Church**  
**Doing life together**