

#Offended

PART 3: DEAL WITH IT

Sermon Notes

Text: Ephesians 4:26; 29-32

Intro:

#'s are conversation starters. We want to have a conversation about being offended.

“Deal with it” sunglasses is a humorous way of dealing with offended people on the internet. We need to “deal with” the offence in our hearts.

Offence is like a rat taking up residence in our hearts. If left unchecked it will tear us apart from the inside out.

1. Get Rid of the Rat Quickly

Ephesians 4:26, 31

Understand the urgency of dealing with offence.

“Get rid of” or completely eradicate all anger and bitterness in our hearts

If your reason for reconciling with someone is justice, then you should probably re-check your motives.

2. Pop the Hood

Be introspective, look for the answer to why you are offended inside your own heart. Rarely is it for the reason we think it is.

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Popping the hood is all about identifying the problem within ourselves. being honest about the rat in our own hearts.

Anger is just a surface emotion of inner hurt.

Jealousy and offence will always look to justify itself. Often disguising itself as “righteous anger”.

Getting rid of bitterness is a process. A deliberate choice on our part, but something that can only be accomplished by the power of the Holy Spirit.

3. Embrace the Awkward Conversation

We all need to work on our conflict resolution skills.

Tips: Speak the truth in love. express how the person made you feel. Seek to understand each other.

Matthew 18:15-17

Don't fall into the trap of gossiping by seeking “godly council”

When we are divided it grieves the Holy Spirit (Ephesians 4:2-5)

4. Understand the Irrational Love

Forgiveness as a an obligation vs. an opportunity

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.” - C.S. Lewis

If we can comprehend the irrational love that God displayed in Christ to us, it will be easy to forgive.

Conclusion:

Ephesians 1:17-23

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Life Group Discussion

Warm up:

1. How have you dealt with being offended in the past? (confronting, lashing out, internalizing, etc.) Is it working for you? Is it a healthy or unhealthy pattern? Why or why not?

Study & Discussion:

1. Read Ephesians 4:26-32. What stands out to you? Is there anything from the sermon that you disagreed with or that struck a chord with you?
2. Read Matthew 18:15-20. What does this passage teach us about dealing with offence? Make sure to view verses 18-20 in that context. Read Ephesians 4:26 again. What are some practical conflict resolution skills that we can implement into our lives? Do you avoid confrontation or welcome it?
3. Read Paul's prayer in Ephesians 1:15-23 & 4:32. How does having an understanding of our position in Christ help deal with offence and forgive others? Should it be easy for Christians to forgive? Do you see forgiveness as an obligation or as an opportunity? Why or why not? How can we change our heart attitudes to forgive one another freely?

Application:

1. Is there an awkward conversation you need to have?

Prayer:

1. Pray for an understanding of our freedom in Christ
2. Pray for boldness and a right heart attitude when having the "awkward conversation"
3. Other Requests
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