Peaceful Hearts, Peaceful Homes:
Dealing with Hurt and Offense in Relationships

Week 5 | 04.20.11 (AM) | 05.02.11 (PM)
Depart from evil and do good; seek, inquire for, and crave peace and pursue (go after) it!

Psalm 34:14 (Amplified Bible)
What disrupts peace?

"strife"

–noun

1. vigorous or bitter conflict, discord, or antagonism
2. a quarrel, struggle, or clash
3. competition or rivalry
Strife rules our heart and our home when we don’t DEAL with the hurt and offense we bump into in relationships.
So, how do we, as Christ-followers, deal with each hurt and/or offense?
Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

JOHN 14:27 (AMPLIFIED BIBLE)
We can choose to give no regard to the way we feel.

- Ignore the hurt or offense
  “Christianizing” = minimizing the hurt of offense

- Deny the hurt or offense
  Act as if it was no big deal.

- Bury or internalize the hurt or offense
  (subconscious)

“Whatever has been buried alive is NOT dead!”

– Joyce Meyer
We can choose to respond according to the way we feel.

- Allow self to be easily hurt or offended
- Permit offense to hang around in our mind
- Let our emotions go unchecked
We can choose to acknowledge the way we feel and deal with the hurt or offense.
“Being offended is a choice. If we choose it, Satan wins and we lose.”

– John Bevere
We are all on a path toward forgiveness or bitterness most of the time.
When we deal with hurt or offense, it sets our feet firmly on the path to forgiveness!
Definition of “deal”:

- To be occupied or concerned with; to treat
- To take action
- To do business
We must deal with hurt and offense HONESTLY.

God, you desire truth in my inmost being …

Psalms 51:6
We must deal with hurt and offense QUICKLY.

Never allow offenses to hang around long enough to put them into your diary!
We must deal with hurt and offense **BIBLICALLY.**

- **CHOOSE** to forgive the one who hurt or offended you
- **PRAY** for the one who hurt or offended you
- **BLESS** the one who hurt or offended you
Those who have hurt you can not pay you back!
Definition of “forgiveness”:
- To excuse a fault
- To pardon
- To absolve payment

Definition of “unforgiveness”:
- To refuse to excuse a fault
- To hold hostage
- To demand payment
Do not repay ANYONE evil for evil ...
Then you will know the truth, and the truth will set you free.

JOHN 8:32
... if the root is holy, so are the branches.

Romans 11:16b
He heals the brokenhearted and binds up their wounds [curing their pains and their sorrows].

**Psalm 147:3 (Amplified Bible)**

... He has sent me to bind up the brokenhearted ...

**Isaiah 61:1B**