

**Healthy Soul Part 2—The Unoffended Heart**  
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**USING THIS SERMON DISCUSSION GUIDE**

We have provided all the Scriptures references in the sermon  
and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group.  
For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your group's goal is not to get through the  
questions, but to create an atmosphere that will foster true friendships.  
Use the discussion questions as you see fit but emphasize the relationships.

**[Proverbs 4:23, AMP]**

***So above all, guard the affections of your heart,  
for they affect all that you are.***

***Pay attention to the welfare of your innermost being (soul),  
for everything you do flows from it.***

***People these days are so easily offended over a word; We as  
believers need to learn how to think and walk like Jesus.***

**[Luke 17:1, NKJV]**

***Then He said to the disciples, “It is impossible that no offenses  
should come.”***

**[Matthew 24:3-8, TPT]**

***<sup>3</sup>Later, when they arrived at the Mount of Olives, his disciples  
came privately to where he was sitting and said, “Tell us, when***

*will these things happen? And what supernatural sign should we expect to signal your coming and the completion of this age?”*

*<sup>4</sup>Jesus answered, “At that time, deception will run rampant. So, beware that you are not fooled! <sup>5</sup>For many will appear on the scene claiming my authority or saying about themselves, ‘I am God’s Anointed,’ and they will lead many astray.”<sup>6</sup>“You will hear of wars nearby and revolutions on every side, with more rumors of wars to come. Don’t panic or give in to your fears, for the breaking apart of the world’s systems is destined to happen. But it won’t yet be the end; it will still be unfolding.”<sup>7</sup>“Nations will go to war against each other and kingdom against kingdom. And there will be terrible earthquakes—seismic events of epic proportion, horrible epidemics and famines in place after place. <sup>8</sup>This is how the first contractions and birth pains of the new age will begin!”*

**[Luke 21:28]**

*“When you see all these things beginning to happen, stand up and look up, for your redemption is drawing near.”*

*The Church is coming out of this darkness with a brand new light and a brand new glory.*

**[Matthew 24:10, NKJV]**

*And then many will be offended, will betray one another, and will hate one another.*

*Something happens when you step in and pick up offense: it becomes a trap, a prison, for your soul.*

*Can we live in an unoffended place despite the circumstances of the world around us?*

**[Proverbs 18:19, TPT]**

*It is easier to conquer a strong city than to win back a friend whom you've offended. Their walls go up, making it nearly impossible to win them back.*

**[Matthew 11:2-6]**

*When John, who was in prison, heard about the deeds of the Messiah, he sent his disciples to ask him, "Are you the one who is to come, or should we look for another?"*

*Jesus replied, "Go back and report to John what you hear and see: The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. And blessed is he who is not offended because of Me."*

## **KEYS TO COMBAT OFFENSE**

- 1. Recognize the bait for what it is.**

**[2 Corinthians 2:10a-11]**

*"Forgive with Christ's authority...so that Satan might not outwit us. For we are not unaware of his schemes."*

- 2. Deal with all offense quickly and directly.**

**[Colossians 3:9-14, MSG]**

*Don't lie to one another. You're done with that old life. It's like a filthy set of ill-fitting clothes you've stripped off and put in the fire. Now you're dressed in a new wardrobe. Every item of your new way of life is custom-made by the Creator, with his label on it. All the old fashions are now obsolete. Words like Jewish and non-Jewish, religious and irreligious, insider and outsider,*

*uncivilized and uncouth, slave and free, mean nothing. From now on everyone is defined by Christ, everyone is included in Christ.*

*So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it.*

**3. Assume noble intent (*"Fill the gap with trust"*).**

*Until you can get the right information, believe the best in people and trust in a right motivation.*

**4. Accept imperfection (*in yourself and others*).**

**5. Behold the Lamb of God again (*Consider what He has done and what He will do*).**

*If we could see Him for who He is and get a fresh glimpse, we would extend more grace. He doesn't hold our past against us, so let us be filled with the love of Jesus!*

#### **FOR MONDAY—**

1. Start your day with Good News: Take some time to see Jesus for who He is, and remember what He has done in your life!
2. Lay an offense down: family or friend, coworker, or maybe even yourself or God.

## TALK IT THROUGH

1. What are some everyday traps that are easy to recognize? What are some “cheeses” or bait that are personal for you?
2. Why do you think it is so easy to be offended in the world in which we currently live?
3. How are you learning to love people differently these days? How are you doing specifically with forgiving quickly and giving others grace?
4. How does the condition of our heart affect its outflow? What determines that?
5. When offense puts roots down in our lives, what do others witness? In what ways does unforgiveness affect our prayer life? What holds us back from releasing the offense?
6. Picking up offense (someone else’s or our own) creates division. Whose place are you attempting to fill and what walls form, when you are unwilling to forgive?
7. How would you describe a response to offense that is shaped by God’s Word? How have you witnessed that?
8. Self-reflection time: With whom, or in what situation, do you need to resolve offense? What would it practically look like to “fill the gap with trust?” How can you model Jesus’ response to offense in this relationship?
9. Share a time when you released forgiveness. How long had you held onto the offense? How did that affect you? What changed in you when you forgave?
10. Where do we need to go to live in a place where we are unoffendable? Considering Colossians 3, what changes must be made? In what do we need to clothe ourselves?