



# heart-to-heart

## PEACEFUL HEARTS, PEACEFUL HOMES: DEALING WITH HURT AND OFFENSE IN RELATIONSHIPS

Week 5 | 04.20.11 (AM) | 05.02.11 (PM)

**PSALM 34:14** (AMPLIFIED BIBLE) "Depart from evil and do good; seek, inquire for,  
and crave peace and pursue (go after) it!"

What disrupts peace in our heart or in our home?

### **"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 HOME WHEN WE DON'T DEAL WITH THE HURT AND OFFENSE  
WE BUMP INTO IN RELATIONSHIPS.**

**JOHN 14:27 (AMPLIFIED)** "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.]*"

## Three **CHOICES** we have when we bump into hurt or offense:

1) We can choose to give no regard to the way we feel.

- Ignore the hurt or offense
  
- Deny the hurt or offense
  
- Burying or internalizing the hurt or offense (subconscious)

*“Whatever has been buried alive is NOT dead!” – Joyce Meyer*

2) We can choose to respond according to the way we feel.

- Allow ourselves to be easily hurt or offended
  
- Permit offense to hang around in mind
  
- Let our emotions go unchecked

3) 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 Beveré*

**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.**

PSALM 51:6 "God, you desire truth in my inmost being ..."

[EPHESIANS 4:23-25A]

We must deal with hurt and offense **QUICKLY.**

[EPHESIANS 4:26, 27]

We must deal with hurt and offense **BIBLICALLY.**

[ROMANS 12:14-21]

**Components of Biblical forgiveness:**

- *choose*
  
- *pray*
  
- *bles*

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

*"No one heals themselves by wounding another!" – Joyce Meyer*

*For Further Study:*

*"Forgive, pray for, and bless those who hurt you. The Bible says that holding onto offenses is holding onto unforgiveness, which grow roots, roots of bitterness, poison/imprisonment to our souls and strongholds for demons. Rehearsing offenses in our minds infects the entire personality and our relationships, including our relationship with God. Forgiveness is NOT a feeling, but rather a decision, a choice. A choice Satan will NOT like! God even requires us to go the extra mile to not curse the one who offends us through gossip, tattling, bad mouthing or digging up the past." – Joyce Meyer*

Bible Study:

Matthew 18:21-35  
Ephesians 4:29-32  
Colossians 3:12-16  
James 1:20  
James 4:1-10