



## APPLICATION GUIDE, MARCH 2021

### EPISODES 3: LIVING LIFE UNOFFENDED, PART 1

Do you find yourself often hurt by how people treat you? Are you often frustrated and feel alone? Chances are you have been offended. Being offended by something was once a negative thing. Now we think it is our “right”. While holding on to an offense feels like the right thing to do and you could even justify it, it is also stealing your joy. Here are some tools to help you take back the reins of your emotions and live a life free of carrying an offense.

### HERE ARE 6 MINDSETS TO LIVING A LIFE UNOFFENDED:

1. Fairness is not a truth or goal.
2. Kill the puppy (listen to the podcast for explanation)
  - An offense is like a cute puppy.
3. Benefit of doubt.

\*Next month we will cover Mindsets 4-6.

### PERSONAL APPLICATION:

- Point 1: Think of some ways you could be happy for someone. If you see someone else with a car, house, or something else you would like, take a moment to thank God for blessing them.
- Point 2: Is there something you are carrying right now? Choose to let it go. You will be glad you did!
- Point 3: Who do you need to give the benefit of the doubt to? If appropriate reach out to that person and let them know.

### PODCAST RESOURCES

- Subscribe on Apple Podcasts: [podcasts.apple.com](https://podcasts.apple.com)
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