

Sermon Notes

Big Idea: It doesn't have a warning label, and most of the time we feel like we have a right to partake. Nevertheless, unforgiveness is pure poison. It will eventually destroy you from the inside out. Bitterness will ruin your emotions, relationships, health, and spiritual life. We must *Stop Drinking Poison*.

Matthew 6:9-15 (NIV)

Taking offense is the poison, forgiveness is the cure

Forgiveness is NOT:

- Minimizing the offense
- Forgetting what happened
- Complete Reconciliation

Seven Ways to Remain Unoffendable:

1) Stay Humble.

James 4:6b (ESV)

2) Never Control

Hurt people hurt people The Forgiven Forgive

3) Speak Life

Matthew 5:43-45a (NKJV)

4) Trust God

Romans 12:17-19 (ESV) 1 Peter 2:21-23 (ESV)

5) Meet with Jesus

Betrayed . Falsely Accused . Rejected . Abused . Humiliated

6) Be Grateful.

1 Thessalonians 5:15-18 (ESV)

7) Only one enemy

Matthew 18:21-22 (ESV)

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) How do you respond to the statement, *Taking offense is the poison, forgiveness is the cure*, and have you experienced this in your own life?
- 3) Why is it important to remember what "Forgiveness is Not" when you've been hurt?
- 4) Which of the *Seven Ways to Remain Unoffendable* come most natural to you? Which are the most difficult? What needs to change for you to get better at remain free?
- 5) Read Matthew 6:9-15. Who do you need to forgive right now? Ask God to give you the grace you need to extend forgiveness. Make the choice – say the prayer – release the hurt.