

## SOUL INJURIES

### Session 4 "Overcoming Offense & Unforgiveness"

#### Psalm 23:1-3 (KJV) –

<sup>1</sup>The LORD is my shepherd; I shall not want.

<sup>2</sup>He maketh me to lie down in green pastures: he leadeth me beside the still waters.

<sup>3</sup>He restoreth my soul:

#### I. Review

- A. Soul – the seat of emotions and passions, the activity of the mind, the activity of the will, – *has been translated HEART in specific scriptures.*
- B. Restoreth – Restore – to turn back, to return, to bring back, to reverse – to return to a former state or intention.
- C. Soul Injuries =

An overlooked, unassessed wound that separates one from their "Real Self," that causes a person to feel personally defective, inadequate, or unworthy.

1. Wounds caused by circumstances: death, betrayal, divorce, rejection, abuse, trauma, etc.
2. Soul injuries are real
3. Soul injuries require healing, just as injuries of the body need to be healed.

#### 4. Soul Injury Enhanced Definition – Dale Campbell

*A soul injury occurs when specific circumstances cause inward pain and injury that leave a long-lasting scar...*

*... Which dictates the future of the injured in a negative way*

#### 5. Last Session – Overcoming the spirit of Rejection”

- a. Everybody faces rejection
- b. The response to rejection is what determines the difference
- c. Some will overcome rapidly
- d. Some will never get over rejection thus allowing the injury of rejection to dictate their future in a negative way.

## II. The Soul Injury of Offense

### A. Modern Definition of Offense

1. The act of offending or displeasing
2. The act of attacking or assaulting
3. CAMBRIDGE – The condition of having your feelings hurt, especially because someone has been rude or showed lack of respect
4. SYNONYMS = to injure – to hurt – wrong-doing

### B. Jesus on Offense

#### **Matthew 24:10-12 (KJV) –**

And then **shall many be offended**, and shall betray one another, and shall hate one another. 11 And **many** false prophets shall rise, and shall deceive many. 12 And because iniquity shall abound, the love of **many** shall wax cold.

1. People being offended will increase during the last days

2. Offended = Bible Def = *to put a stumbling block – to cause to fall*
3. As the day of the Lord approaches people will be given to offense
4. Offense collectors – *They are so accustomed to being offended that everything has potential to offend them*

**Luke 17:1 (KJV) –**

Then said he unto the disciples, It is impossible but that offences will come: but woe unto him, through whom they come!

NKJV – *It is impossible that no offenses will come –*

NET – *Stumbling blocks are sure to come –*

NHEB – *It is impossible that no occasions of stumbling should come*

1. Jesus declared that we are going to be confronted with opportunities to become offended... Which will cause us to stumble and fall in our faith-walk.
2. Jesus was warning us saying that we need to be ready to respond to offense in the right way.
3. You will have opportunity to be offended, but you do not have to allow offense to rule over you!

**C. The Effects of an Offended Heart**

1. What we allow to stay in our heart effects every part of our being.

**Proverbs 14:30 (KJV) –** A sound heart is the life of the flesh: but envy the rottenness of the bones

**(NIV) –** a heart of peace gives life to the body but envy rots the bones

**ENVY** = jealousy, anger of men against their adversaries  
*Un-resolved anger = effects life and health*

## 2. Physical Consequences of offense and unforgiveness

- a. Consequences of Unforgiveness. Unforgiveness **never fixes the problem – it just holds us in negative thought patterns**. It not only holds us captive, bringing us down and, torturing us with pain, but it can also spill out onto those around us – often hurting people who may have nothing to do with the original issue.
- b. Emotional stress caused by holding onto offense and unforgiveness may cause long-term mental and physical health issues.

McCullough 1998 – Unforgiveness triggers stressors which force a person to think that people have harmed them in an ethically and morally wrong way.

- Depression – *Unforgiveness depression – one cannot trust others to share his/her feelings which further triggers negative stressors and worsens the situation*
- Paranoid Personality Disorder – *Unable to form a firm opinion about any situations, they cannot trust other people and have zero self-control in stressful situations.*
- Communications skills, thinking abilities, and decision making are all impacted by offense stress
- High blood pressure, cardiovascular issues and chronic stress can all be related to offense and unforgiveness

## D. Dealing with the Root of Bitterness

**Hebrews 12:14-15 (NIV)** – <sup>14</sup>Make every effort to live in peace with everyone and to be holy; without holiness no one will see the LORD.

<sup>15</sup>See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

1. **KJV** = Root of Bitterness
2. Bitterness = *opposite of peace – wickedness and hatred*  
*Jesus said offense comes first – then betrayal – then hatred.*  
*Notice the progression*  
*Unforgiveness and offense leads to a bitter root in the soul, which progresses to hatred.*  
*Its best to deal with offense before it takes root!*
3. The root of bitterness will bring defilement
4. Defilement = to spoil something or someone so that that thing or person is less beautiful or pure
5. NOTICE = make every effort
  - a. While we make every effort to live in peace with everyone, there will be times that it is not possible for us to have a relationship with everyone in peace.
  - b. **1 Cor 7:15 (NIV)** – The unbelieving spouse departure –  
  
But if the unbeliever leaves, let it be so. The brother or the sister is not bound in such circumstances; God has called us to live in peace.

- c. Paul and Barnabas had to separate because they could not minister together in the spirit of peace

**Acts 15:39-40 (KJV)** – <sup>39</sup>And the contention was so sharp between them, that they departed asunder one from the other: and so Barnabas took Mark, and sailed unto Cyprus; <sup>40</sup>And Paul chose Silas, and departed, being recommended by the brethren unto the grace of God.

- 6. While it may be impossible to FELLOWSHIP with everyone in peace, it's possible to have peace in your heart toward everyone!

- 7. A Root of Bitterness =

- a. Unresolved anger
- b. Unreleased revenge
- c. Desire for justice
- d. Desire to get even
- e. Unforgiveness
- f. Bitter waters = Poison
- g. A root of bitterness = A poison root that is living inside of us.

- 8. Naomi

**Ruth 1:20-21** <sup>20</sup>And she said unto them, Call me not Naomi, call me Mara: for the Almighty hath dealt very bitterly with me. <sup>21</sup>I went out full and the LORD hath brought me home again empty: why then call ye me Naomi, seeing the LORD hath testified against me, and the Almighty hath afflicted me?

- a. Mara = Bitterness *I am bitter – I am poisoned with bitterness*
- b. Naomi was bitter toward God
- c. Naomi blamed God for her conditions
- d. Naomi was offended at God
- e. Naomi was in unforgiveness toward God
- f. Don't become bitter

- g. Don't become defiled by being offended
- h. Don't become poisoned by unforgiveness

### III. Healing from Offense

A. The healing process to deal with being offended is FORGIVENESS

1. Unforgiveness is listed in some medical books as a disease.
2. Forgiveness Project by Dr. Michael Barry states that 61% of all cancer patients have forgiveness issues.
3. Unforgiveness hurts you – Unforgiveness is killing you!
4. Unforgiveness hinders us spiritually

**Mark 11:25 (KJV)** – And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

In Matt 18 – Jesus Parable of the man whose master forgave him everything that he owed...WHO REFUSED to forgive the debt of his servant was turned over to the tormentors.

- B. We can choose to forgive even when the offender is guilty!
- C. Forgiveness doesn't mean forgetting or excusing the harm done to you or making up with the person who caused the harm. Forgiveness brings a kind of peace that helps you go on with life.
- D. Jesus chose to forgive us!

**Colossians 3:13 (KJV)** – Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye

**Eph 4:31-32 (NIV)** –

<sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

- **We can forgive because Christ forgave us!**
- **When Did Christ Forgive Us? While we were yet sinners –**

**Luke 23:34** Then said Jesus, Father, forgive them; for they know not what they do

- *Jesus asked the Father to forgive them... for they didn't know what they were doing:*
- *How many offenses have we collected from people that didn't even realize that what they were doing when they offended us?*
- *I REFUSE to let people who do not know what they are doing KEEP me from my spiritual inheritance/ blessings*
- *I REFUSE to allow the blessing of God be cut off from my life because I am bitter toward someone who either doesn't know that they offended me or... they have forgotten long ago that they offended me.*
- *They forgot; I did not!*



- E. No abuse is greater than what Jesus did for me
- F. No amount of hurt is greater than what Jesus did for me
- G. I value the cross greater than my loss
- H. Through Jesus and the cross, I choose to release those who have offended me!