

## "It Is Well With My Soul"

- Deuteronomy 4:9 NAS

  "Only give heed to yourself and keep your soul diligently..."
- Dallas Willard: the soul "is the life-center of the human being." [Renovation of the Heart, p. 199]
- This prophetic word will be fulfilled as we pursue the things that lead to peace at depth of our being

### An Enemy of Peace and the Soul

- An enemy of peace and our soul's wellness: being offended and nursing the anger that feeds the offense
- How easy it is to be offended. How naturally we excel at it and feel entitled to it

## An Enemy of Peace and the Soul

- John 10:10 NIV

  "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."
- What Father wants us to know about being offended: there's no life in it
- Offense is like any other seed: it reproduces after its kind

#### Who Chooses to Be Offended? All of Us.

- Definition of offended: to feel hurt, angry, upset, or resentful by something said or done
- Offense is something we choose. Every time. It never just happens, it's never forced on us against our will

#### Who Chooses to Be Offended? All of Us.

- Why? For one, because we are so certain that we are right and they are wrong
- Self-righteousness always results in us being the offended and never the offender

### We Are Always Right. Just Ask Us.

"In a book wonderfully titled, Mistakes Were Made (But Not By Me), the authors reveal that our brains are hardwired to make us believe we are always right, even if faced with overwhelming evidence to the contrary. Unfortunately, no one escapes this basic element of human psychology. But believing we're perfect takes a toll. In our personal lives, righteousness causes us to abandon or be abandoned by the people we cherish the most – family, friends, and partners."

[Bryan Dean Wright, Fox News Opinion online column, published February 28, 2017]

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# Forfeiting Offense

"We should forfeit our right to be offended. That means forfeiting our right to hold on to anger. Forfeiting our right to anger makes us deny ourselves, and makes us others-centered. When we start living this way, it changes everything. Actually, it's not even 'forfeiting' a right, because the right doesn't exist. We're told to forgive, and that means anger has to go, whether we've decided our own anger is 'righteous' or not." [Brant Hansen, Unoffendable (Thomas Nelson Publishing), ©2016, p. 3]

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# We Like Being Angry

- We don't like what caused the anger, but anger offers us two powerful poisons for our soul:
  - The perverse pleasure of playing the victim card
  - An intoxicating sense of moral superiority

## We're Not Entitled to Our Anger

• Ephesians 4:31-32 (PHILLIPS)

"Let there be no more resentment, no more anger or temper, no more violent self-assertiveness, no more slander and no more malicious remarks, Be kind to each other, be understanding. Be as ready to forgive others as God for Christ's sake has forgiven you."

### We're Not Entitled to Our Anger

- Colossians 3:8 NCV

  "But now also put these things out of your life: anger, bad temper, doing or saying things to hurt others, and using evil words when you talk."
- James 1:20 NRSV

  "your anger does not produce God's righteousness."

#### Choose Not to Be Offended

- Brant Hansen's advice: "Go into situations thinking, I'm not going to be offended. No matter what."
- Reminding ourselves not to be offended is big part of the battle for our mind and wellness of our soul

#### Choose Not to Be Offended

- Only one entity in creation wants you to be angry and offended. And it's not Jesus
- John 10:10 NIV

  "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."
- Know this: in your offended state, Satan is stealing from you

