

# QUESTIONS TO HELP YOU HURT LESS

## WHEN OFFENDED

### 1. AM I EXPECTING THE OTHER PERSON DO AND SAY WHAT I THINK THEY SHOULD?

What others say and do is not in my control, it is God's. It's not my job to get others to live the way I think is right. It's not my responsibility to own what other people say, do, or feel. I am responsible for responding faithfully to God's work in my life.

Romans 7: 15-25, Luke 6:31, Proverbs 24:17, Romans 12:10, I Peter 3:8-12, Philippians 2:4, Hebrews 4:12, Ephesians 2:8-9

### 2. DO I HAVE UNREALISTIC EXPECTATIONS FOR THE OTHER PERSON?

*Sometimes we put expectations on others that have no basis in reality. For example, if we expect someone who is continuously hot-headed to suddenly act calm and kind, we will be disappointed.*

Am I expecting something from someone without reason to believe they are capable, apart from supernatural intervention? Should I consider the behavior I want to see as a goal to work towards or a finish line I think should be met already?

Ecclesiastes 3:1-2, Colossians 3:12-14, Matthew 7:12, Proverbs 10:28, Philippians 4:6, Philippians 1:20, Proverbs 11:23

### 3. AM I TAKING SOMEONE'S WORDS & ACTIONS AS TRUTH ABOUT WHO I AM?

When someone does something hurtful or unkind, what does it say about me? If I jump to the conclusion that I am horrible person, I may have made an assumption and attributed intent that wasn't there. Even if their words are meant to label me as someone I don't believe I am, or want to be, I can choose to stand on the truth of who God says I am.

I Corinthians 13:16-17, Galatians 4:7, John 15:15, 2 Corinthians 5:17, I Peter 2:9, Isaiah 62:3-5, Philippians 3:20, Romans 8:1-2

### 4. HOW MUCH OF GOD'S FORGIVENESS HAVE I ACCEPTED?

Do I understand the value of God's forgiveness for my sins? Without knowing the depth of God's redemptive work on the cross and what it means for me, I may struggle to forgive others. When I find God's redemption worthy of accepting, I am less likely to be weighed down by offense.

1 John 1:9, Matthew 6:14-15, Ephesians 1:7, Isaiah 1:18, Colossians 3:13, Mark 11:25, Luke 6:37, Daniel 9:9, Romans 10:9

### 5. IS THERE UNDERLYING HURT THAT NEEDS HEALING?

If I am feeling offended easily and often, or if I am often weighed down by the way others act, could this be more about my hurt and less about their actions? I can ask God to show me where he wants to heal.

James 5:14-16, Psalms 147:3, Psalms 103:2-4, Jeremiah 17:14

### 6. IS THERE SOMETHING I DID TO CONTRIBUTE TO THIS SITUATION?

I am not without sin or imperfections. These may get in the way of how I see the whole picture of an offensive situation. I am willing to hear conviction from the Holy Spirit and respond as God leads.

Psalms 38:18, John 16:8, Proverbs 16: 24, Galatians 6:4-5, Romans 14:10,12,15-16, 2 Corinthians 6:3, Proverbs 28:13, Matthew 7:3

### 7. DO I VALUE THE OTHER PERSON AS A FLAWED AND LOVED CREATION OF GOD?

I can remember that other people are flawed, as I am also. God is the creator all mankind and we are all in need of God's love.

Genesis 1:26-31, Jeremiah 1:5, John 3:16, Romans 13:8-10, Romans 3:23, Ephesians 4:32, Psalm 139: 13-16, I Peter 2:17

*When you feel hurt or angry because of another person's words or actions, consider these questions so your heart remains free.*