

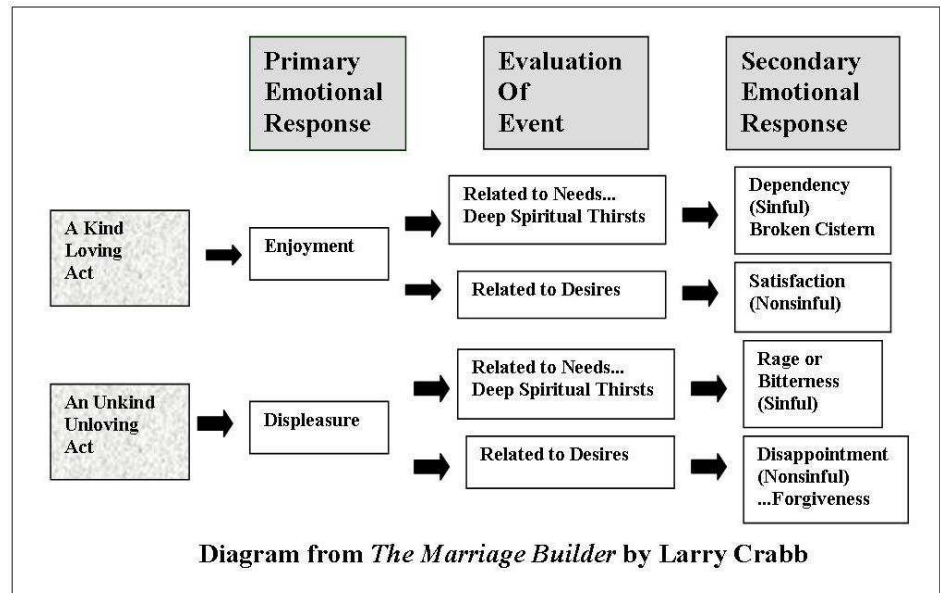
## When someone offends or hurts you and you become really angry or bitter...

### Ephesians 4:17-32

NLAC April 20 & 27, 2008

**1. (4:17-24) The battle begins in your mind and the power to do the right thing is yours in Christ; God and what He chooses to provide is sufficient.**

1. Thirst of the Soul
2. Strongholds in the Mind (lies believed)
3. Broken Cistern/Strategy
4. Offending Event
5. Evaluation of Situation
6. Emotional Reaction and Response
7. Course of Action and Emotional State



**2. (4:25-30) Your motivation or goal is important; Seek to make God smile.**

**3. (4:31-32) God has commanded you to forgive and to be kind – no matter what; To disobey is to sin. It is not optional; It is essential to your spiritual well-being. It will refresh others and bring glory to God.**

In Matthew 18, we learn that forgiveness is a choice (not a feeling) to cancel a debt. It is a choice to show mercy and to not take revenge or to hold a grudge.

#### **Forgiveness is not...**

1. Excusing what the person did,
2. Minimizing the hurt that we have experienced,
3. Blind trust in the person (trust is earned),
4. Forgetting or erasing from the memory the offense, or
5. Having a warm, fuzzy feeling toward the person.

#### **Forgiveness, according to Christian counselor, Dr. Jay Adams, is a three-fold promise:**

1. I will not use it against you in the future;
2. I will not talk to others about it;
3. I will not dwell on it myself. I will not continually rehearse it and wallow in self-pity.

# Beliefs, Goals and Happiness

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My joy and my hope are in the Lord alone, therefore no other person (or no circumstance) can rob me of joy. I know that I must continually drink deeply (i.e., trust, pray, claim God's promises from His Word, worship the Lord, etc.) from the Spring of Living Water (Christ Jesus), and when I do I will be less tempted to try to quench my spiritual thirst in another person.

I refuse to make any other person responsible for my deepest happiness. I know that if I will keep this commitment I will be less tempted to be manipulative, demanding or controlling. People are human and will therefore irritate me and disappoint me, hurt me, and not love me the way I want to be loved. But my joy, peace and hope will remain unaffected. I will forgive this person. I will persevere and even choose to minister to this person where possible because my heart is filled to overflowing with the love of the Lord. He alone is my rock, my refuge and my fortress.

I know that Satan's basic lie is that God (and what he chooses to provide) is not enough. I refuse to believe that lie. I believe that God (and what he chooses to provide) is absolutely sufficient. If he chooses to use a particular person to meet my needs then I will praise him. If he chooses to use other means to meet my needs then I will praise Him.

I will accept the people the Lord brings into my life. They do not have to change or act in a particular way in order for me to have joy. I believe God in his sovereignty designs every situation, every disappointment, every trial, every relationship for my spiritual good and His glory. I will find my joy in the Lord and in serving my Lord by faithfully ministering to the people he brings into my life.

My goal in all relationships is to be God's kind of person (by his strength and for his glory). My goal is to make God smile. My goal is to be a channel of blessing from God to others. Of course I desire love (respect, acceptance, etc.) from others, but I refuse to make that my goal. I choose to have a *giving goal*, not a *getting goal*.

The goal I choose to adopt is one that I can achieve by God's strength regardless of whether or not the other person cooperates. My desire is, of course, to receive love, but my goal is to give love. No one can block that goal. My deepest happiness is not dependent on what anyone does or does not do. I choose to rejoice in the Lord and minister to whomever He brings into my life.

***Love is the overflow of joy in God which causes me to give sacrificially to meet the needs of others.*** (Adapted from John Piper)