

Triggered

- ✓ The trap isn't what happened to you – it's what happened **in you**.

Hebrews 12:14-15 (NLT) Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. ¹⁵ Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

- ✓ What begins as hurt becomes **poison** when it remains unresolved.

Stuck in the Trap

1. Offense grows when **fed**.

Galatians 6:7 (NIV) Do not be deceived: God cannot be mocked. A man reaps what he sows.

- ✓ What you rehearse, you **reinforce**.

2. Offense contaminates the **soul**.

Ephesians 4:31 (NIV) Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

3. Offended people **spread** offense.

- ✓ A trapped heart eventually becomes a **toxic** mouth.

James 3:10, 14 (NIV) Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.

¹⁴ ...if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth.

Springing the Trap

1. Entrust **judgement** to God.

Matthew 7:1-2 (NIV) "Do not judge, or you too will be judged. ² For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

- ✓ Quit playing **judge**—trust the One who is.

1 Peter 2:19-23 (NIV) For it is commendable if someone bears up under the pain of unjust suffering because they are conscious of God. ²⁰ But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God. ²¹ To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. ²² “He committed no sin, and no deceit was found in his mouth.” ²³ When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.

✓ Trust God with what you can't make **right**.

2. Exercise your **conscience** through love.

Acts 24:16 (KJV) And herein do I exercise myself, to have always a conscience void to offence toward God, and toward men.

Exercise – Asleo {*as-keh'-o*}: to exercise oneself, to exert all one's diligence, study, and industry, to endeavor, to strive.

1 Corinthians 13:4-7 (NLT) Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ⁶ It does not rejoice about injustice but rejoices whenever the truth wins out. ⁷ Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Matthew 5:44-45 (NKJV) But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, ⁴⁵ that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.

✓ A love-trained conscience doesn't live **offended**.