**Help I’m \_\_\_\_. (Graphic)**

Help I’m **STUCK!**

**4 things that will “stick” your life**

1. **Excuses** will stick your life.
2. Live according to other people’s **expectations**.
3. Believe in a **false narrative**.
4. **Unforgiveness** and **bitterness**.

Help I’m **OFFENDED!**

**How Offense Happens:**

1. You get **offended**.
2. You take **offense**.
3. You harbor **resentment**.
4. You develop relationship **deficits**.
5. You **pray** for them.

(Luke 6:27-28)

“…Love your enemies, do good to those who hate you, bless those who curse you, **pray for those who mistreat you**.”

(Romans 12:14)

“Bless those who persecute you; **bless and do not curse**.”

(Matthew 5:44)

“But I tell you, love your enemies **and pray for those who persecute you**,”

**Praying** for the offender is the **antibiotic** that stops the **infection of offense**.

1. You **go** to them.

(Matthew 18:15)

“If your brother or sister sins, **go** and point out their fault, **just between the two of you**. If they listen, you have won them over.”

“**Venting**” to other people is just searching for **validation** of your **offense**.

1. You **forgive** like Jesus.

(Colossians 3:13)

“Bear with each other and forgive one another if any of you has a grievance against someone. **Forgive as the Lord forgave you**.”

How did Jesus **forgive you**?