

## Lesson Three

### Offended Cycle



#### Introduction

Whenever we accept an offense, it begins to dismantle our armor.

#### Lesson

- 1) If you accept an offense, you will immediately begin to be defeated and stumble. Recognizing how you act, and what it feels like to take an offense is vitally important.
- 2) First, we lose the strong belt of truth and our emotions rule our thoughts and actions.
- 3) Then, we are no longer thinking, speaking or acting from our "Breastplate of Righteousness" instead we are acting from a worldly perspective. This can kick in

selfishness, self-pity or your fight side that dominates or your flight side that runs and hides.

- 4) Next, you lost your shoes! Those carrying an offense are not walking in peace or able to minister to the one they are offended by and are ruled by emotions (anxiety, anger, bitterness, etc.)
- 5) Loss of Faith. You have forgotten God is in charge and He has a greater plan and you are to respond with gratefulness for what He is teaching you.
- 6) This is devastating. When your helmet is gone, your mind is tormented with obsessing/racing thoughts. This leads to depression and even suicide thinking.
- 7) You lost your weapon. You aren't remembering God's promises or meditating on Scripture. If you are reading the Word it is more difficult to understand, if you can understand it at all.
- 8) Your fruit is spoiled. There is a loss of strength, joy, peace and all the fruits of the Spirit.

#### Exercise

How has carrying an offense defeated me?

#### Application

If I indulge an offense, I have voluntarily given up my armor of protection. Identify your spiritual sickness.

<b>Signs and Symptoms of Spiritual Sickness</b>	
• <b>Despair (Eccles. 2:20)</b>	
• <b>Fretful (Ps. 37:1,7 &amp; 8)</b>	
• <b>Fearful (Ps. 48:6)</b>	
• <b>Double mindedness (James 4:8)</b>	
• <b>Overwhelmed Spirit (Depression) (Ps. 55:5)</b>	
• <b>Dismayed (Isa. 37:27)</b>	
• <b>Reprobate mind (Rom. 1:28)</b>	
• <b>Contentious (Prov. 26:21)</b>	
• <b>Darkened heart (vain imaginations; Rom. 1:21)</b>	
• <b>Pride (Prov. 13:10)</b>	
• <b>Hopelessness (Prov. 13:12)</b>	

• <b>Unbelief (Matt. 13:58)</b>	
• <b>No rest (Heb. 4:1-10)</b>	
• <b>Sad countenance (Neh. 2:2)</b>	
• <b>Hardness of heart (Mark 16:14)</b>	

### Principle

The armor of God is our responsibility to “put on”.

*And that you put on the new man, which after God is created in righteousness and true holiness.  
Ephesians 4:24*

### Conclusion

The day of evil has come, and I am not dressed for battle!

*“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

*Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And PRAY...”  
Ephesians 6:10-19*

**The Lord is my rock, and my fortress, and my deliverer; my God, my strength in whom I will trust; my buckler, and the horn of my salvation, and my high tower. Psalm 18:2**

Lord it is hard not to take an offense. We do it all the time without realizing it, let us become aware of when we take an offense. Show us how it makes us imbalanced and removes our armor. Let us be diligent to place firm but kind boundaries and never let anyone offend us again. Help us be the new man In Christ. In Jesus Name we pray.