

Refinery Sessions
What To Do When You Feel Offended

1. Think differently _____

a) _____ is damaged

1 Corinthians 13:5 *...it is not easily angered, it keeps no record of wrongs.*

b) It _____

Proverbs 18:19 *An offended friend is harder to win back than a fortified city.*

c) We justify _____

Colossians 3:8 *But now you must also rid yourselves of all such things as these: anger...*

2. Remember that _____

Luke 9:54-56 *But the people of the village did not welcome Jesus because he was on his way to Jerusalem. When James and John saw this, they said to Jesus, "Lord, should we call down fire from heaven to burn them up?" But Jesus turned and rebuked them. So they went on to another village.*

3. _____

Proverbs 19:11 *A person's wisdom yields patience; it is to one's glory to overlook an offense.*

4. Choose to _____

Colossians 3:13 *Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*

1 Peter 4:8: *Above all, love each other deeply, because love covers a multitude of sins.*

Am I Easily Offended?" – Self-Reflection Tool

1. Do I often feel hurt or slighted by what people say or do?

Reflect on whether you're frequently feeling upset by others' words or actions, even when no harm may be intended.

2. Do I assume the worst about people's intentions?

Consider whether your initial reaction is to assume someone meant to insult or hurt you, rather than thinking they may have acted without malice.

3. How long do I hold on to grievances?

Ask yourself if you tend to dwell on things people say or do long after the moment has passed.

4. How often do I find myself needing to correct or confront people about minor things?

If you frequently feel the need to correct people or address minor slights, it may be a sign that you're easily offended by small matters.

5. Do I replay negative conversations in my mind?

Reflect on whether you often revisit hurtful conversations or situations, which can signal sensitivity to offense.

6. Do I get defensive quickly when criticized, even constructively?

If your first reaction to feedback is defensiveness, you might be prone to feeling offended when others challenge you.

7. How do I respond to being misunderstood?

Consider if you quickly feel offended when someone misunderstands your words or actions, rather than calmly explaining or asking questions.

8. Do I often feel like people don't respect me?

Feeling disrespected frequently, even when others don't intend to be disrespectful, can suggest you are sensitive to perceived slights.

9. Do I interpret jokes or casual remarks as personal attacks?

If you often take jokes or offhand comments personally, you might be more easily offended than you realize.

10. How does my offense affect my relationships?

Reflect on whether being easily offended causes strain in your relationships, leading to unnecessary conflicts or distancing yourself from others.