



Held Hostage by Repeated Offense

Free Yourself to
Love: Chapter 6

ICON KEY

 Question/Discuss


 Read The Bible


 Read FYTL

 Watch the Video



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 **Are you a CPA of the offenses committed against you? Do you have an offense ledger? This offense ledger is a mental “grudge book.” p. 89**


 **Entries in your grudge book are a violation of I Cor. 13:5... “Love keeps NO RECORD of wrongs.” Record: mind occupied with calculating. p. 90**



I Cor. 13:5

[Q] *Do you keep a mental photo album with pictures of people you are holding grudges against? Or have you been a CPA of a particular person’s offenses against you? Who is in your album or ledger? How have you kept track of others’ offenses?*


 **Warning: it is critical to differentiate between forgiving repeated offense and enduring an abusive situation. p. 91**

 **Our children display our victory or our grudges. (Manasseh/Ephraim) pp. 92, 94.**



Gen. 41:50-52



 Generational Inheritance—guess who is reading your grudge book?
p. 93




Lev. 19:18

[Q] *Did you know that your children mirror your grudges?*


 What Nourishes a Grudge? **PRIDE: I deserve better than this.** p. 94

“Ninety-five percent of the things that people do to offend us were not even intended.” (Joyce Meyers) **IMPACT vs. INTENT** (examine the difference)

 “...we all offend in many ways.” p. 98




James 3:2 KJV


 Victimization is like branding. Too often one’s grievance story becomes one’s only identity. p. 99

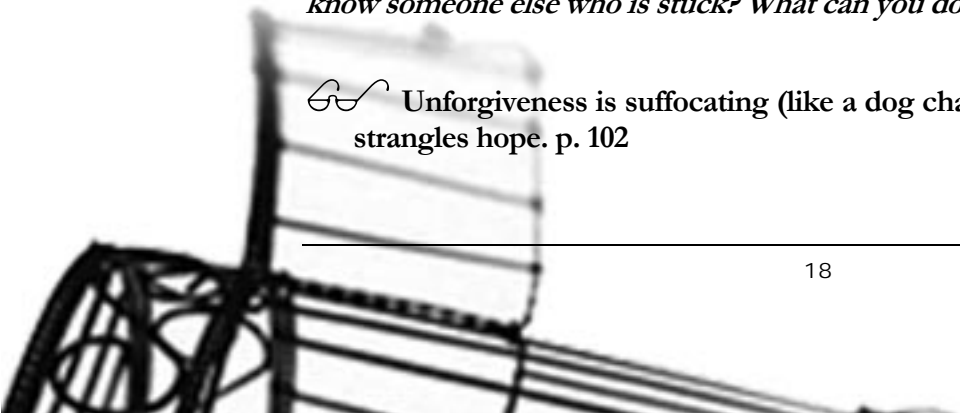
[Q] *Do you know someone whose only identity is that of being a victim? Do you know someone who defends his or her right to have extensive grudge book entries? Describe his or her personality. Do you enjoy being around him or her?*

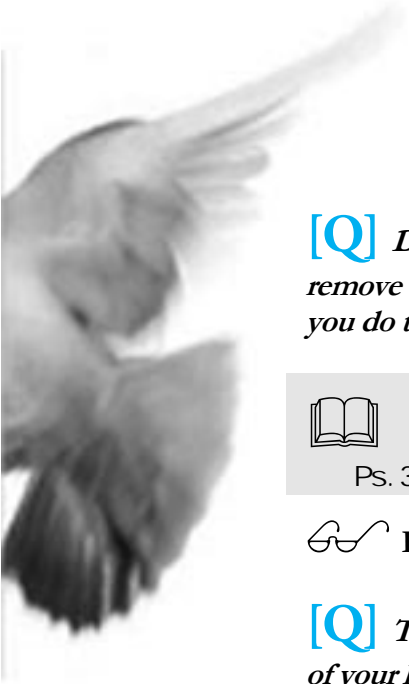
[Q] *Define the difference between a grievance story that encourages others to forgive in contrast to the grievance story that glorifies victimization.*

 Diary of Why: continually rehearsing the offense in search of WHY something happened—closed to the prospect of forgiving, letting go. p. 100

[Q] *Have you found yourself stuck in the Diary of Why this year? Do you know someone else who is stuck? What can you do to get free?*

 Unforgiveness is suffocating (like a dog chain around your neck!) and it strangles hope. p. 102





[Q] *Did this chapter encourage you to start forgiving an offender so you can remove the suffocating dog chain from around your neck? How and when will you do this?*





"You have made my life no longer than the width of my hand..."

Ps. 39:5


 Focusing on your offender uses up your mere 3 inches of life. p. 105


[Q] *Trace your hand on the back of these notes...and notice the mere length of your life in inches!*

 Victim's Blind Spot: "Anytime you allow one event or season of life to define you, your life, for all intents and purposes, is over. It stops at that event." p. 106

 Do not join the VES (Victim Entitlement Society)—victims are stuck in the past...sacrificing the present. p. 107

[Q] *Have you been a member of the VES (Victim Entitlement Society)?*

 "Boasting is the response of pride to success. SELF-PITY [a victim's native tongue] is the response of pride to suffering." (John Piper) p. 108

 A bold letter to an Adult Victim—self-pity is the arch-enemy of trust. p. 109

[Q] *Reread the letter to the adult victim. Do you think it is fair or too harsh? Does it speak to you?*

