

Global Family Outreach

18th October, 2020

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the slide.

What do you find
annoying?



Dealing with offence

- What is offence
- How offence actually happens
- How do we deal with offence

What is offence?

- "annoyance or resentment brought about by a perceived insult to or disregard for oneself."
- a feeling that is "triggered by a blow to a person's honor" because it contradicts a person's self-concept and identity (Poggi & D'Errico, 2018).

Offence is deeply
personal



Phase of Offense

1. Phase 1: Event and creating meaning

The offended person identifies the cause of the offense and works to develop some sort of interpretation.

These interpretation causes feelings

Phase of Offense

Types of feelings

- demeaned, degraded, or inferior;
- condescended to, patronized, or humiliated;
- pitied or looked down upon (e.g., because another person concluded you required their assistance, whereas you felt totally qualified to complete the project or task on your own);
- criticized, blamed, put down, or chastised;
- discriminated against (a remark made to you that seemed sexist, ageist, elitist, racist, religiously prejudiced, etc.);

Phase of Offense

Types of feelings (continued)

- ignored, dismissed, passed over, or rejected;
- objectified (e.g., you were complimented on your appearance or physical form, yet felt denigrated as a sex object);
- victimized, exploited, or persecuted;
- socially incompetent (because you got the message, true or not, that you lacked rudimentary social skills);
- stupid, useless, or inconsequential (e.g., for your input, feedback, or offer to help was, if not exactly scorned, at least denied); and
- accused of immorality, cheating, negligence, unreliability, or selfishness.

Phase of Offense

1. Phase 1: Event and creating meaning
2. Phase 2: Determining the intensity based on beliefs

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1. Phase 1: Event and creating meaning
2. Phase 2: Determining the intensity based on beliefs
3. Phase 3: Choosing your reaction

Event and meaning

The offended person identifies the cause of the offense and works to develop some sort of interpretation.



Choosing your reaction

The offended person has some sort of reaction to the offense that is based on a number of factors. Notice that a person has already chosen to take offense when s/he begins to go through these phase

Determining the intensity

The offended person attempts to determine the intensity of the feeling of the offence which is based on one's belief of self and whether the offender holds those same beliefs.

Does holding offence empower us?

- Unfortunately, most of us hold offence because we think it empowers us.
- We don't want to be vulnerable and we don't want "let them get away with it"



Offence is robbing
us of a full life.

- The original description offence in the bible is bait.
- Offence could be derailing us of our destiny.



How offence robs

1. It isolates us from others
2. It isolated us from God.

Offence isolates us from others

- God has created us with everything we need to succeed on our own but the only way we can achieve the fullness of what God has for us is by working with others
- The devil wants us isolated so we are weak and vulnerable

1 Peter 5:8 "Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

Offence isolates us from God

- Our prayer life suffers because we are carrying very heavy burdens that prevent from approaching the throne of God with confidence

Hebrews 4:16

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

How to deal with offence

Can't we just simply get it?



How to deal with offence

1. Choose your response / Talk yourself out of offence

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1. We feel offended because to the meaning we attach to things.
2. Refrain from acting impulsively.
 - a. James 1:19: "Everyone should be quick to listen, slow to speak and slow to become angry."
 - b. 1 Peter 2:23: "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."
3. Ask yourself
 - a. What am I getting so bent out of shape for?
 - b. Does this really matter?
 - c. What's the big deal?"
 - d. Reason with yourself: "Did he really mean it the way I was just about to take it?
 - e. Is he truly actually trying to hurt me?
 - f. Well, then, what is he really trying to say?" -> Clarify with them.

How to deal with offence

1. Choose your response / Talk yourself out of offence
2. Empathy / Put yourself in the offenders shoes

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1. What is happening in their life that could be cause them to react that way? Could this be an opportunity to show love of God.
2. It's not always about us.
3. We are all victims of victims. Hurt people hurt people. Forgive
Matthew 18:21-35

How to deal with offence

1. Choose your response / Talk yourself out of offence
2. Empathy / Put yourself in the offenders shoes
3. Suspend judgment about the other person's malignant intent.

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1. We are prone to read others' intentions distrustfully, keep your eyes and ears open to ascertain that they did in fact mean what you assume they did.
 - a. 1. Ecclesiastes 7:21-22: "Do not take to heart all the things that people say, lest you hear your servant cursing you. Your heart knows that many times you yourself have cursed others."
 - b. 2. James 1:12 "Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him."
2. Give them the benefit of the doubt

How to deal with offence

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1. Other people may not be as empathic, sensitive, or responsive as you'd prefer.
2. Clarify your expectations.
3. Part of accepting others' imperfections is also learning to forgive them their past mistakes

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7. Growth