

## Don't Drink the Poison

*Chantalle Alfero*

**Question:** Do you think it is more common to be offended today than it was a few years ago? Give an example.

**We may not choose to get offended,  
but we can choose to stay offended!**

**“Living in offense is like drinking a poison  
and expecting someone else to die.”**

Unknown

**Read John 10:10**

**The enemy's agenda is division, his strategy is  
division, and his tactic are those little offenses.**

Stephen Furtick

**Read Ephesians 4:25-32**

**Questions:** From these verses, what are areas that offense can happen? What does giving a “foothold to the devil” look like?

### **Forgiveness prayer:**

Lord, I forgive \_\_\_\_\_ for  
\_\_\_\_\_ (describe it) which made me  
feel \_\_\_\_\_ (verbalize the painful feelings).  
But now, I choose to forgive \_\_\_\_\_ and  
release them from the debt I feel they owe me and into  
your accountability. I realize by holding on to this debt, I  
have restricted my own freedom to live a full life. Fill  
this area in my life with your Holy Spirit and heal this  
wound. I forgive & release them in Jesus' name and  
invite you into my healing.

\*\*Tell God what happened, and tell him how much it  
hurt. Tell him what you were longing for instead.

**Forgiveness doesn't change your past,  
it changes your future.**

Pastor Ken Dyck  
Freedom Session