



02.05.2023  
TRIGGERED, NOT TRAPPED  
Discussion Guide

### BIG IDEA

We are surrounded by opportunities to be offended. All our relationships are impacted if we take offense in those situations. In this sermon, Pastor Daniel describes four ways we can deal with offenses that will allow us to live in freedom rather than be trapped by our triggers.

### SCRIPTURES USED IN THE MESSAGE

- 1 Samuel 18:6-9 (NLT)
- Luke 23:34
- Hebrews 12:15 (NLT)
- Ephesians 4:31-32 (ESV)
- Romans 8:11 (NLT)
- Luke 6:27-28 (NLT)
- Matthew 18:15-17 (ESV)

### TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What's the difference between being offended and taking offense? What happens when we take offense?
- What triggers you to take offense? What do you value that can trigger you deeply if you feel it's being attacked?
- How have offenses impacted you? What can we do to move beyond our offenses?
- Why does remembering we're forgiven, depending on the power of the Holy Spirit, praying for those who've hurt us, and seeking restoration set us free from the trap of taking offense when we're triggered?

### APPLICATION IDEAS

- In what situation(s) are you continuing to take offense? How will you deal with the offense(s)?
- How will you avoid being trapped the next time you are offended?
- Whom have you offended that you need to offer a genuine apology and ask for forgiveness?

### PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray for wisdom and strength to be set free from any offenses that have caused group participants to feel trapped and bitter.

### LEADER TIPS

- At the end of the discussion ask members to share the key takeaways they received from the discussion. This will help reinforce the discussion as well as tell you what they believed was most important to them.