

Taking Offence is Dangerous to Your Spiritual Health

Over the years, I have written regularly on the dangers of taking offence. (See the list in the footnotes below.¹)

The purpose of this article is to release a short Bible study produced by Esther for my reader's instructions.²

NOTE: My Bible study on this topic was done a long time ago, specifically for those who need scriptural proofs.³

Esther brings out a number of essential points from what Father has taught her in the area of overcoming the trap of taking offence. For this subject matter she writes:

- “Learn to overlook offences.
- Be quick to forgive.
- Pray a blessing on the offender.
- Release the offence/the offender.
- Let go of the right to hold onto the offence, to get even, to seek vengeance, or even to wait in the hope of getting an apology.”

I've learnt that the easiest way to deal with offence is not to take offence in the first place. In that regard, it's important to realise that we actually make a decision to be offended by someone. We may not consciously realise it at the time, but we do decide.

Because I monitor myself (most of the time), when I notice someone's actions or words are causing me to trigger so I become offended, I say to myself, “No offence”, and I don't allow offence to take root. However, it does require follow-up monitoring where I continue to check my thoughts to ensure that I don't bring up the offensive incident, meditate on it, and then become offended. That's my method of self-talk, which is quite effective when I utilize it properly.

You can read Esther's full teaching article here:



Esther “Offence” [LINK](#)

Also useful is:



Kriston Couchey “Overcoming Offense” [LINK](#)

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- 1 – “Dealing with Offence” (12-10-2021) canberraforerunners.org/wp-content/uploads/Dealing-with-Offence.pdf
“Beware of Taking Offence” (12-12-2015) canberraforerunners.org/wp-content/uploads/2013/03/beware-of-taking-offence.pdf
“HOW TO: Combat the Spirit of Offence” (28-11-2017)
canberraforerunners.org/wp-content/uploads/2017/12/HOW-TO-Combat-the-Spirit-of-Offence.pdf
“Offence Bitterness Judgement Fear Anger Pride etc” (9-1-2022)
canberraforerunners.org/wp-content/uploads/Offence-Bitterness-Judgement-Fear-Anger-Pride-etc.pdf
 - 2 – Esther “Offence” (17-7-2025) canberraforerunners.org/wp-content/uploads/Offence-Esther.pdf
 - 3 – “KINGDOM-COMMUNITY: No Offence Taken” (1-4-2015)
canberraforerunners.org/wp-content/uploads/2013/03/KINGDOM-COMMUNITY-no-offence-taken.pdf