**HEART TO HEART**/A word of hope and encouragement by Mennie Morrison

**MARCH 2025**

**LIVE LIFE WITH NO REGRETS (PART 2)**

Greetings in the matchless name of our wonderful Lord and Savior Jesus the Christ. Happy March, I trust that you are doing well and purposing to **Live Your Life With No Regrets**.

In January, we started this teaching and last month, we deviated from the teaching to share the **2025 Word of Exhortation**. We are now picking up with part 2 of this very powerful and timing teaching. In part 1, we saw how being **offended** and allowing that root to take hold in your heart comes with so many other unhealthy emotions.

In our last teaching, we also defined the word **Offense** and also looked at one of the roots that come from **Offense**, **unforgiveness**. Let’s look at some other unhealthy emotions wrapped up in this one thing called offense that we often allow in our lives. Here is a list**: resentment, bitterness, hatred, hostility, anger, fear, depression, revenge**. Wow what a list. We will not cover all of these in these devotional teachings, but we will look at several more of these unhealthy roots and emotions that come from **Offense**.

Remember, we are looking at **living your life with no regrets** and one of the most powerful ways to do that is to stay out of **offense** at all cost. In the natural, that is a tall order to fill, because we all encounter **offense** at some point in our lives; however, as a believer in Christ Jesus, we are not just living our lives in the natural but we should be living Spirit filled lives as we allow Holy Spirit to live in us and out of us.

If we purpose with the help of the Holy Spirit to **Life Live With No Regrets**, we will want to make sure we are staying in a place of being **unoffendable**. However, we must realize that **Offense** will come, but it is what we chose to do with that destructive emotion when it rises up in us that really will matter in our lives.

Remember we can do all things through the power of the Holy Spirit that strengthens us (**Philippians 4:13**). We should all want to say: I am **Living My Life With No Regrets**, In Jesus Name and by the Power of the Holy Spirit.

Before we move on to another deadly root of **offense**, I want to share this information that I found online in regards to being **offended**.

*Offense is a common issue that can strain relationships and hinder spiritual growth. The Bible addresses offense by teaching believers to forgive, seek reconciliation, and avoid becoming a stumbling block to others. God calls His people to respond to offenses with humility, love, and grace, reflecting His character in every interaction.*

Another root of being **offended** is **bitterness**. Before we look at what the Word of God has to say about **bitterness**, let’s define it. **Bitterness** is defined as anger and disappointment at being treated unfairly. It is a synonymous with **resentment** (which is one of the roots of being offended) and envy.

Now let’s see what the Bible says about bitterness. We will look at **Hebrews 12:15** from both the **King James Version** and **Amplified**. The **KJV** says: *looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled*. From this version of **Hebrews 12:15**, we see that the Word of God calls bitterness a root and it will trouble you and can defile many. Wow, Wow, Wow. How important it is for us to purpose with the help of the Holy Spirit to **Live our Lives with No Regrets** by not being **offended** which carries so many other unhealthy roots with it.

Now let’s read the same scripture in the **Amplified**; *See to it that no one falls short of God’s grace; that no root of resentment springs up and causes trouble, and by it many be defiled*. Notice that **bitterness** is also called **resentment**, which is one of the roots that cone along with **offense**.

It is so easy to be **offended** and allow all of these other deadly emotions to take root in our hearts. But, again, we can choose to **Live our Lives with No Regrets** by not allowing **offense** to take root in our hearts and lives. **Offense** will come; however, as I mentioned earlier, it is what we do with this deadly emotion that really matters. If we chose to release **offense** and not allow it root in our hearts by forgiving, releasing others, and praying for others the Holy Spirit who is our helper will come to our aide to help us walk free of **offense** and **Live our Lives With No Regrets**.

Let’s look at one more scripture in regards to **bitterness** before we end this part of our teaching and pick up next month looking at a few more of these deadly roots of **offense** that will cause us to **live our lives with regrets**.

**Ephesians 4:31-32 (KJV)** says: *Let bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice. And be kind one to another, tenderhearteded, forgiving one another, even as God for Christ’s sake hath forgiven you*.

Wow, this scripture also lists other deadly emotions that are all tied to the awful root of **offense**; wrath, anger, clamour and evil speaking. Paul is urging the church of Ephesus to put all of these things away, **Live Your Life with No Regrets** by putting these things far from you.

It’s so many people even Christians that live with offense, unforgiveness, bitterness, wrath, anger and the likes and never deal with these issues of the heart. They not only live with these things but also die with them as well; and as a result, they will never be able to say; **I am Living My Life with No Regrets**.

The Holy Spirit is wanting us to realize, and recognize these deadly emotions that may be in our lives or trying to take root and deal with these things according to the Word of God so that we will be able to Say, **I am living my life with No Regrets** in the Name of Jesus and by the Power of the Holy Spirit.

We can’t do anything without the help and aide of the Holy Spirit, but how many of you know, that we don’t have to. Holy Spirit is willing and ready to assist us in every area of our lives and we also have the Powerful Word of God that gives us the instruction that we need to **Live our Lives With No Regrets**. I pray that these first 2 parts of the powerful teaching has been a blessing and encouragement to you and that you will visit our site next month for the conclusion of this powerful and timely teaching. Remember that our Great God has **Blessed You To Be A Blessing!**