



# FLAG ON THE PLAY

How to Handle Offense and Misunderstandings

Q1 · HOLDING · FORGIVENESS · Matthew 6:14-15

## ABOUT THIS SERIES

Flay on the Play is a practical, spiritually grounded series designed to help believers navigate the realities of offense, unforgiveness, and misunderstanding. Using biblical teaching and relatable analogies, this series identifies the common "penalties" that occur in relationships and equips us to respond in a way that produces growth, healing, and stronger relationships.

## PENALTY

### Holding

*Release the Offense - don't grip what God has called you to release.*

## KEY TEXT

### Matthew 6:14-15

*"For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."*

## MEET THE PRIDE FAMILY

<b>Marcus</b> Dad Age 42	<b>Denise</b> Mom Age 40	<b>Caleb</b> Son (Twin) Age 17	<b>Zoe</b> Daughter (Twin) Age 17
--------------------------------	--------------------------------	--------------------------------------	---

## THIS WEEK'S SCENARIO

### "I said I was sorry. Why isn't that enough?"

#### *Marcus & Denise — Husband and Wife*

It's 7:45 on a Sunday morning. Marcus forgot, again, to pay the car insurance. Denise found out on Friday when she got a lapse notice in the mail. She didn't say anything Friday. She didn't say anything Saturday. But Sunday morning, twenty minutes before they need to leave for church, it comes out.

Marcus apologizes immediately. Genuinely. "Denise, I messed up. I'm sorry. I'll handle it first thing Monday." But Denise keeps moving through the kitchen like he hasn't spoken; clipped responses, tight jaw, filling her travel mug without looking at him.

Marcus follows her. "I said I was sorry. What else do you want from me?" Denise turns: "This is the third time, Marcus. Sorry doesn't fix the pattern." He fires back: "So you're never going to let it go?" She says nothing. They drive to church in silence. They sit together in the third row. They sing. They greet their neighbors. And they are both holding, tightly, to their side of it.

## INSIGHT

*Holding doesn't just hurt the person you're gripping; it penalizes your own advance. Marcus and Denise walked into the house of God in full formation and both of them were flagged before the opening hymn ended. Forgiveness isn't a feeling. It's a decision to release what you have every right to hold.*

## HOW TO RELEASE THE OFFENSE

### 1 Recognize the Infraction (Psalm 139:23-24 | Lamentations 3:40)

- Do a daily heart check before you leave prayer.
- Pay attention to your emotional overreactions.

### 2 Release the Offense (Ephesians 4:31-32 | Colossians 3:13)

- Release the offense in prayer, by name.
- Stop bringing the past into every present conversation.
- Let go of the need for them to "pay you back."





### 3 Resume the Game (Hebrews 12:15 | Mark 11:25)

- Re-engage where it is wise instead of avoiding.
- Reconnect with God without picking the offense back up.
- Move forward instead of rehearsing the moment.

## DISCUSSION QUESTIONS

- 1 Marcus apologized sincerely. Denise is pointing to a pattern. Who do you identify with and why does that matter for how you read Matthew 6:14–15?
- 2 Is there a difference between forgiving an offense and trusting a pattern? How do we hold both without using one as an excuse to avoid the other?
- 3 They worshiped while holding their offense. What does that cost them spiritually, individually and as a couple?
- 4 What offense are you carrying into this building today that you have never fully released? What would it cost you to put it down?

## WHERE HOLDING SHOWS UP — APPLICATION ALTERNATIVES

 <b>Church</b>	<b>Hurt from a Previous Church</b> You're sitting in a new church, but you're still gripping what the last one did. You're present in body but protected in spirit. The new congregation is paying the penalty for what the old one committed.
 <b>Workplace</b>	<b>The Promotion That Went to Someone Else</b> You were qualified. You were passed over. Nobody explained it to your face. You still do your job, but you stopped going above it. Holding doesn't always look like quitting. Sometimes it looks like exactly enough.
 <b>Friendship</b>	<b>The Friend Who Wasn't There</b> You went through the hardest season of your life. You needed them. They were absent, distracted, unavailable, or simply didn't show up. They may not even know the depth of what it cost you. But the friendship has never quite been the same weight since.
 <b>Internal</b>	<b>Holding a Narrative</b> You've told the story of what happened so many times; to yourself, to trusted people, that the offense has become part of your identity. You don't know who you are without the wound. Releasing it feels like losing something, not gaining something.

**Personal Reflection:** Is there someone you need to release this week? Write their name or simply hold it in your heart.