



# The Notes

**OUCH!**

**Part 2: "Did I Do That?"**

**May 18, 2025**

**Pastor Chris Jung**

*"People who do not respect God say things that destroy their friends."*

**Proverbs 11:9 (EASY)**

**THERE WILL BE FEWER HURTING PEOPLE  
IN MY LIFE WHEN I START SEEING THAT...**

1. ...MY \_\_\_\_\_ **BROKENNESS**  
**GUARANTEES I'LL KEEP**  
\_\_\_\_\_ **OTHERS.**

*"Good people have good things saved in their hearts. That's why they say good things. But those who are evil have hearts full of evil, and that's why they say things that are evil. What people say with their mouths comes from what fills their hearts."*

**Luke 6:45 (ERV)**

*"Out of your heart come evil thoughts, murder, unfaithfulness in marriage, vulgar deeds, stealing, telling lies, and insulting others."*

**Matthew 15:19 (CEV)**

*"It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional*

garbage; frenzied and joyless grabs for happiness; trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on. This isn't the first time I have warned you, you know. If you use your freedom this way, you will not inherit God's kingdom."

**Galatians 5:19-21 (MSG)**

**2. ...WHAT'S \_\_\_\_\_ IS ALWAYS  
BETTER THAN WHAT'S \_\_\_\_\_ TO DO.**

"The Law of Moses commands us to stone to death any such woman. What do you say we should do?" They were saying this to trick Jesus. They wanted to catch him saying something wrong so that they could have a charge against him. But Jesus stooped down and started writing on the ground with his finger. The Jewish leaders continued to ask him their question. So he stood up and said, 'Anyone here who has never sinned should throw the first stone at her.' Then Jesus stooped down again and wrote on the ground. When they heard this, they began to leave one by one. The older men left first, and then the others. Jesus was left alone with the woman standing there in front of him. He looked up again and said to her, 'Where did they all go?

*Did no one judge you guilty?’ She answered, ‘No one, sir.’ Then Jesus said, ‘I don’t judge you either.’ You can go now, but don’t sin again.”*

**John 8:5-11** (ERV)

**3. ...MY \_\_\_\_\_ DON'T DEPEND ON  
\_\_\_\_\_ ACTIONS.**

*“Here’s another old saying that deserves a second look: ‘Eye for eye, tooth for tooth.’ Is that going to get us anywhere? Here’s what I propose: ‘Don’t hit back at all.’ If someone strikes you, stand there and take it. If someone drags you into court and sues for the shirt off your back, giftwrap your best coat and make a present of it. And if someone takes unfair advantage of you, use the occasion to practice the servant life. No more tit-for-tat stuff. Live generously.”*

**Matthew 5:38-40** (MSG)

*“Listen, open your ears, harness your desire to speak, and don’t get worked up into a rage so easily, my brothers and sisters.”*

**James 1:19** (TVB)

*“This is what our Scriptures come to teach: in everything, in every circumstance, do to others as you would have them do to you.”*

**Matthew 7:12** (TVB)

*“So, as God’s own chosen people, who are holy [set apart, sanctified for His purpose] and well-beloved [by God Himself], put on a heart of compassion, kindness, humility, gentleness,*

*and patience [which has the power to endure  
whatever injustice or unpleasantness comes,  
with good temper]”*

**Colossians 3:12** (AMP)