

Ep 240 How to Live Unoffended When Life Feels Unfair

Fight for your Marriage podcast with Charlyne and Lori

Lori Lassen: M thanks for joining us for the Fight for your Marriage podcast with Charlene and Lori. This is a place where you can find hope for your marriage through Jesus Christ. Hey, it's Lori. I'm so glad that you are here with us today for this episode of the Fight for your Marriage podcast. I hope you have had a great summer and that if you've got kids that are in school, you've gotten them all back to school. I know in our area everybody is back in the grind back to school feels like we kind of get another January reset. So I hope you're looking forward to the fall. And I'm stunned again how fast 2026 is going.

This episode is from Brand Hansen's book Living Unoffended

Today I have an episode that is going to challenge you and it's going to be fun as well. But I'm talking with Brant Hansen about his book Living the Joy of Simple Peace and an Angry Anxious World. Brandt Hansen is a best selling author and nationally syndicated radio host. He hosts the podcast the Brandt and Sherry Oddcast. Not podcast, but Oddcast and it's been downloaded more than 20 million times. He's passionate about his advocacy for healing children through CURE International Children's Hospitals and and he and his wife Carolyn have been married 36 years and they live in South Florida, just a couple hours up the road from us. So I was very excited to get the chance to talk to Brandt about how we stop living as people who are offended all the time. This is

going to be challenging because you may think, oh, I'm not offended, I don't get offended by things. But, but the more we talk, I think you might identify with some of the things that Brandt talks about and you might see yourself in some of the examples. You know, growing frustrated with the people in traffic, getting annoyed with your co workers when they don't do things that live up to your standards, becoming angry with people who live in your house because of actions that they've taken or sins that they've committed against you. Brandt talks about how forgiveness needs to become a posture of living. Forgiveness needs to become a posture of living. I want to say that twice so you really soak that in. And we like to talk about forgiveness a lot here. In fact, we have a couple episodes coming up where we're going to talk more about forgiveness. But it's a posture of living. And as a person who has decided that you are going to listen to what the Lord says about marriage restoration and you're going to stand and fight for your marriage. Marriage. Regardless of the behaviors of your spouse, you need to live in that posture of being unoffended, you need to live in that posture of forgiveness. Brandt tells us the secret for how we can accomplish this, and it's two things that he's going to talk about a few times in this episode. So I want you to be listening for them. But we can stop living so offended. We can stop living so, burdened by anger and unforgiveness. And we can depend on Jesus to change us. And so I hope that this episode is a good challenge for you. You're going to get a big challenge at the end, so I hope you walk away ready to lay down some of the hurts and the offenses you have and to become a person who is truly unoffendable. So enjoy this episode. Brandt, thanks for joining us today. I'm excited to talk to you about your book, Living Unoffended, the Joy of Simple Peace in an Angry, Anxious World.

Brant Hansen: Well, thank you. Honored to be here.

Living unoffended is choosing not to carry anger with you

Lori Lassen: Well, let me jump in and quickly ask you, what does it mean to live unoffended? Because that's right in the title, and I think that we can walk around living offended very easily. So what does it mean to you to be people who live unoffended?

Brant Hansen: Well, you're right. We can and we all can. We've all got stuff that is very legitimately angering and offensive. Things that have happened to us. There's no question, I've been through an awful lot, and I know people watching this have been through things, too, where you could. You could live in reaction to that for the rest of your life, honestly. And people to understand you've been raised in a traumatic household or you've gone through trauma or abuse or stuff like that. living unoffended, though, is choosing not to carry that anger with you. In fact, it becomes a practice of actually forgiving people and releasing your right to anger, no matter what they've done. And it turns out that, it's a better way to live. It's healthier. It's the way of Jesus.

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Brant Hansen: If you're a Jesus follower, there's no way around this. You don't. But. But the thing is, here's the tricky thing. We're taught that we have righteous anger. And so what we're not taught is what we're supposed to do with that. Because if it's righteous, people think, well, I should hang on to it for the rest of my life. But the Bible doesn't actually talk about righteous anger for humans. It's not in there. And that's shocking to people because we're raised, taught that we have righteous anger and God's anger is righteous in the Bible, but humans isn't. Humans anger is not, not righteous. And we're actually supposed to get rid of our anger as soon as we can or it'll kill us. So this is about living a different way of life. And there's a lot to it, but surprisingly not. It shouldn't

be surprising that the way of Jesus is actually more restful. It's a better way to live.

Lori Lassen: Yeah, people, I've definitely heard that over and over. Well, it's righteous anger. So that's like the permission slip to walk around angry.

Brant Hansen: Yeah. And see, we're not taught out of it. Dallas Willard said that. He said, this is actually anger is American Christians biggest problem because we're not taught out of it and we're just told, oh, we have righteous anger and unrighteous anger. We should keep the righteous anger. Well, there's stuff to be righteously angry about every day for the rest of your life. So the righteous anger thing, when you actually look for it in the Bible, you can't find it. Instead what happens, I just, I get a kick out of this because it's so consistent. People will say, oh, but it says in the Bible, it says in your anger do not sin. Which is true. So anger isn't sin. It's like a warning light on a dashboard that something's wrong. So I understand that. But people don't remember the rest of the verse. They use that half of a verse and your anger do not sin to justify holding on to righteous anger forever. But I ask people what's the rest of the verse? And they don't know. And the rest of the verse is be sure to get rid of your anger before the sun goes down. So this is, look, it's very human to be offended, to be angry. That's. Toddlers are offended and angry. It happens. there's all sorts of very legitimate stuff that's horrible that's done to people that's unjust. the question is, what is the way of Jesus and what are we supposed to do with this?

In your book, you talk about the dumpster church

Lori Lassen: Yeah, in your book you talk about the dumpster church and you challenged what you're talking about right now, the idea of righteous anger. we want to feel justified

in our anger. We want to hold onto it. We want to be the person who says, I've been hurt and my hurt is greater than that person's, my offense is greater than that person's. Whether it be a Person cutting us off in traffic or somebody who has deeply wounded us in a relationship. So tell me about this dumpster church that you talk about in the book.

Brant Hansen: Yeah, it's a story that I heard it was years ago, before, for the Internet, frankly, where a guy who was a pastor was actually addicted to pornography. And when his wife left, he would gather his magazines that he had hidden. And she was coming back from a trip and he decided he was disgusted with himself. And he's like, I'm getting rid of all this stuff. And he threw it. He lived in an apartment building and he threw them all in a dumpster at the bottom of the stairwell. He dropped him in there and right before his wife got back, he started regretting getting rid of these magazines. And so he, went back to get in the dumpster and actually fell in and like broke his arm, I believe was how the story went. Well, he couldn't get out of the dumpster and so he actually had to get somebody's attention. It was ultimately his wife who found him in the dumpster with his magazines. And I use that as an example because apparently that was a true story as I heard it. But like, when you're busted like that, you could, A couple things can happen. You can be in shame for the rest of your life, or you realize, my goodness, I've got some major problems. And when you're, when you're busted like that, wouldn't it, it can be incredibly refreshing because you can't put up a front anymore. You know, you're a sinner, you can't do this. You can't carry this thing anymore where you get to fool people, but there's a freedom that comes with that. And I just happen to think, like, if we actually believe the whole thing about Calvary, that we're responsible for the death of an innocent man and Jesus, like that's, that's because of us.

Brant Hansen: It's very difficult to then look at somebody else and go, oh, you're

disgusting. Like, what, we're the ones that get caught in the dumpster too. Like, we're the, we're sinners as well. And so that's the basis for all of this forgiveness thing. It's not because other people deserve it, because you, you can, you can say they don't deserve it. And they don't, they don't deserve it. Some people will never apologize. Some

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Brant Hansen: people are dead. They can't apologize. Like, there's, they're never going to apologize to you. But I tell people, you don't forgive people because they deserve it. You forgive people because you didn't deserve it.

Lori Lassen: Yeah.

Brant Hansen: The idea of the dumpster church, though, I. I just was like, what if everybody had that attitude? We'd all been busted and we're just so thankful for God's forgiveness. Like, wouldn't that make for an awesome atmosphere where everybody knows that everybody else is just as messed up and, none of us can act like we've got it. Righteous advantage over everybody else.

Lori Lassen: Exactly. M. I was sharing with Brant before we started about, my mom and dad's story, and that is what turned my mom's life around. When God got ahold of her, is where she could say, the list of offenses for my husband were great and maybe he needed to own 90% of what happened in our marriage. She knew she was wrong, so she had the Lord speak to her through his word and say, you need to apologize for what you did wrong. And that's exactly what you're talking about. Instead of just looking at everybody else, we need to look and, and ask God to expose in us where we're being

sinful with our attitudes.

Brant Hansen: Yeah. And if you're, if you're, if you genuinely believe this story about the cross, which I do. Like, I deserved that.

Lori Lassen: Yep.

Brant Hansen: So I liken it to going through life having just been let off of death row. You think you're never going to see your family again. You'll never see the blue sky again. You'll never be outside. Life is over. And then you're exonerated somehow, even though you're guilty, you're allowed to go free and you get to drive home, see your family. You know, the sky's blue. Like, can you imagine then on your way home, faulting somebody who cuts you off and then yelling at them? Like, I don't think so. I think you'd be too grateful for what God's done for you. Or to be too grateful that you get to live like that. You would then sit and go, I'm also going to judge everybody else now. Like, that's just. It's ludicrous. If you actually believe this story about what God's done for us, then it's very difficult to sit in judgment of the rest of the world.

Lori Lassen: Yeah. That's so true. I think we take that for granted for sure, as people. I know that one thing that we can do is rehearsing and replaying the offense. especially, you know, maybe not simple offenses like traffic infractions or people that annoy us at the grocery store. But when somebody has offended us, it can be easy to just replay that, to kind of build our case against them. How do we get away from doing that?

Brant Hansen: Well, I think by, again, entering into gratitude for what God has done for you is huge. And then there's some very practical things. You need to actually pray for that person, like, pray for God's blessing on them.

Lori Lassen: Amen.

Brant Hansen: This is not. This is not a subtle theme in Jesus teaching or even like in Paul's writing in Romans 12 about how to respond to people who are evil to you. Like, you respond with good. You bless these people. Like, this is a better way to live. But you'll. What you'll see is if you actually do this stuff that Jesus told us to do, where you pray for those who curse you, you bless them. You'll find that your heart actually turns toward them very quickly, as a matter of fact. But so rarely do we actually talk about this in church culture. I'm amazed by how little this is a central teaching of what it means to follow Jesus. And somehow it's. It's like, we don't talk about it. Like, we don't have a choice. You have to bless people who curse you. And so this is. This is the way to freedom so that you don't have to rehearse this over and over.

Lori Lassen: Absolutely.

Keeping anger in your system increases the cortisol level, which causes physiological problems

Brant Hansen: You don't. But by the way, you don't want to keep anger in your system, just like you don't want to keep anxiety in your system. It heightens the cortisol level. It has huge deleterious, like, physiological problems that it causes high blood pressure, heart problems. Keeping the cortisol actually destroys the collagen in your skin. It will age you.

Lori Lassen: Yeah.

Brant Hansen: I mean, look it up. It's really remarkable. And it causes weight gain. So, like, the net effect of carrying worry around or carrying anger around, like you're dooming yourself. You're actually shortening your own life.

Lori Lassen: It's, that saying that says, well, unforgiveness is like drinking poison and expecting the other person to die.

Brant Hansen: Sure, yeah. Yeah. But there's a tricky thing to it, because we. We get addicted to dopamine basically in our. In our brains, and we get a dopamine hit from being right. So this is why social media is such a silo for people to be proven right over and over and over as they scroll.

Lori Lassen: Like.

Brant Hansen: But we want that dopamine hit. Like, these other people who disagree with me are messed up and crazy. I get an. I get, like, so you can rehearsing these things, you may get a dopamine. Short term, long term, it'll kill you. Yeah, but that explains a lot of why people

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Brant Hansen: are determined to just do this over and over. It makes them feel superior.

Lori Lassen: Right, right.

We need to tell people about Jesus' teaching on blessing our enemies

let me hop back to what you were saying about praying for each other and how we should live with each other and read Colossians 3. let me start in verse 12. Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. 13. Bear with each other and forgive one another. If any of you has a grievance against. Against someone, forgive as the Lord forgave you. Period.

Brant Hansen: Yep. You don't have a choice. Yeah, you don't have a choice. That's just it. And, and by the way, clothe yourself. there's no indication that someone is going to do that for you.

Lori Lassen: Right.

Brant Hansen: So there's a weird thing. And I think this is why we don't talk about actually obeying Jesus very much. Unfortunately, when it comes to, like, blessing our enemies and praying people go, well, that's legalistic. It's. It's all grace. I'm not saved by obeying. Like, no, actually, it's not legalistic. You have to clothe yourself. repeatedly. Jesus talks about the Great Commission is send people out or sending people out to teach them to obey the things I've commanded you to do. Like, he's not being legalistic. He knows that obedience is a way to thrive. It's because we love people. We need to tell them about this way of Jesus where we bless our enemies and we release our anger against people. This is a better way to live. And it's from Jesus himself who made us. He knows how to live. He knows how to be human. It's just shocking how much we don't talk about this.

Lori Lassen: And how different would our world look if even those within the church would start to live this way?

Brant Hansen: Yeah. This is such a basic thing. The fact that we don't talk about it. I. I laugh about it because I'm like, did we master this loving our enemies thing and we moved on to other stuff?

Lori Lassen: I don't think so.

Brant Hansen: I don't think so either. But you're right. If we just did that. Yeah, we would be so different.

Lori Lassen: Yeah.

Brant Hansen: As far as it concerns us, we live at peace with people. As far as it concerns us. But look, it's, like in First Peter, it talks about how they may still hate us, but they're going to look at us and go, why are you so hopeful? Why do you love us? And I would love for that to be. When people thought of Christians, they thought of the most unoffendable people on the planet. Because we already know people are broken. We already know.

Lori Lassen: Right.

Brant Hansen: We can't be shocked every day by the same behavior. Yep. And secondly, we're the ones who love people anyway.

Lori Lassen: Yeah. I love the quote you have in the book. Peace doesn't come from controlling other people. It comes from your. For it comes from surrendering your right to live. Offended.

Brant Hansen: Yes. That's where the piece is going to come from. And look, your enemy can be in your house.

Lori Lassen: Yeah.

Brant Hansen: We know this. And you know this from your, what you do in your ministry. Like, so start there. Praying for these people who may drive you crazy. Maybe in your own family.

Lori Lassen: Yeah.

Brant Hansen: but that's, that's not an option for a believer. The great news though is that this is a way that leads to life. And if we obey Jesus in this area, he actually says his way is easier and lighter.

Lori Lassen: Yes.

Brant Hansen: People don't believe that. They think being a disciple is like the hardest thing in the world. It's like, you know what, you know what's harder? Not being a disciple of Jesus. That's a much harder life.

Lori Lassen: Yeah.

Brant Hansen: It's hard to forgive, but it's harder to live a life of unforgiveness.

Brant Hansen: Everything he's telling us is for our own good. So this, this at first praying for your enemies. It may even be in your own family, but praying for enemies at first, it's,

it's, it's maybe tough, but it gets easier and it becomes a way like, like you just said, a way to peace.

You talk in your book about forgiving people in advance

Lori Lassen: you talk in your book about forgiving people in advance. Tell me what that means.

Brant Hansen: Okay. So it's wild. It hadn't even occurred to me until I was writing the book that forgiving literally means giving in advance. Like forward, like giving forward. It's like, it's like the, pay for the person behind you in line. A chick Fil. A thing at a Pay it forward. It's like because of what, because of what God's done for me, I'm going to extend this to other people. And I decide at the beginning of the day I'm going to forgive people for what they're going to do because people are going to do people stuff today. We know that.

Lori Lassen: Yep.

Brant Hansen: So instead of living in shock that your mom said that thing that she has said for 50 years, you know, or shocked that Somebody would cut you off on 95 or something like, hey, this is what it's like to be on planet Earth. These are human beings, we can't be shocked anymore. So you might as well decide, you know what, I'm going to pray, I'm going to forgive people in advance. Because forgiveness isn't just a one off. It's not, it's not even a two off or just a here and there. It's like it's a posture towards life in light of what God has done for us. This is our way of living.

Lori Lassen: How do we forgive someone who hasn't,

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Lori Lassen: apologized, repented? They may not even know that we're upset with them for what they did. How do we forgive that person?

Brant Hansen: Well, we ask for God's blessing on them. We ask God for that. We do something kind for them. If we can, we will the good for these people. This is part of forgiveness. We surrender our right to anger again. Not because they, they apologize or they deserve it.

Brant Hansen: Most people will never apologize.

Lori Lassen: Right.

Brant Hansen: But I'm not going to wait. And my peace is not going to be dependent on whether or not they repent.

Lori Lassen: That's good.

Brant Hansen: My peace is not up to this other person. I'm not going to give them that kind of power. This is freedom. What Jesus is giving us here is freedom. So I'm going to forgive them regardless whether they apologize, regardless whether they deserve it. Because I didn't deserve it. That's why I forgive people.

Brant Hansen: I didn't deserve forgiveness. The other thing you have to remember too, I

always have to say this because people will hear, oh, so forgive. You just act like nothing happened, you know, does that mean I have to stay in relationship with an abusive person? You know, like. No, of course it doesn't.

Lori Lassen: Right.

Brant Hansen: You can still have, you still have boundaries in life. But the weird thing is if you don't forgive someone, you are staying in relationship with them in your head for the rest of your life.

Lori Lassen: Mentally. Yep.

Brant Hansen: Yes. So forgiveness is actually the way out. Yeah, it's the way to, it's the way to freedom. Yeah, it's brilliant. This way to live. It's absolutely brilliant. And of course, of course it is because Jesus is the smartest person ever walked the planet.

Lori Lassen: how do we trust God with the justice? Because I think that's something we want to see people get what they deserve. You know, they, they did this, they should get this punishment. How do we trust God with that justice and not get wrapped up in that?

Brant Hansen: Well, it is A trust thing. And trust is such a, central part of the entire relationship with God experience. It's trust me, trust me, trust me. And I do have to trust his character.

Lori Lassen: Right.

Brant Hansen: Same thing with vengeance. Like this, this anger thing. People are like,

well, God gets angry. I should be able to get angry and stay angry. Well, God can be trusted with things like anger and vengeance. That is his, not ours. And he'll do a better job than we will because we like to think we know what everybody's motives are, but we don't. We don't even know our own motives. It says in First Corinthians 4.

Lori Lassen: That's true.

Brant Hansen: So the idea that I am uniquely equipped to meet, to mete out justice when I don't know what I think I know M So I think part of trusting God is reminding ourselves of our own biases, our biases and our lack of knowledge. He can be trusted with judgment, he can be trusted with anger, he can be trusted with vengeance. These are all things because he actually knows what he's doing and we don't.

We can get shocked by things that happen, by behaviors, by sins

Lori Lassen: Yeah, you mentioned, and we touched on it a few minutes ago. But let's go back to a little bit about God not being shocked by people's behavior and people's sin. I think we can get really surprised by things that happen, by behaviors, by sins. How do we work around that?

Brant Hansen: Well, I think that's on us at some point. The, the shock again, like if I'm shocked by the same thing over and over, that's on me. So the human nature thing, at what point do we go, wow, I can believe this. I can't believe these countries went to war. Look, Adam and Eve, the first two kids, they had, one of them killed the other one. This is a human problem for me to be shocked repeatedly by human nature. And there's another scripture too where it talks about how Jesus, it said, but Jesus knew what they

were thinking. No one had to tell Jesus what men were like. He knew. Yeah, what men were like. I think as somebody who's a follower of Jesus, like I should know what humans are like just based on myself.

Lori Lassen: Right. That's what I was going to say. Just like me. We're depraved.

Brant Hansen: Yeah, yeah, yeah. So look, look, we're made in God's image. He created us and said, it's very good. Like there's, there's wonderful, glorious, like God's stamp is on us, but we're broken.

Lori Lassen: Right.

Brant Hansen: We know this. to, to, to be shocked again and again. That's Just, that's wild. And you know what's, what's awful right now is younger people should be able to look at older people, especially in the Lord, and see people who are at peace.

Lori Lassen: Yep.

Brant Hansen: And who, who offer perspective. Instead, the number

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Brant Hansen: one demo for the news networks are older folks. And there's Christian older folks that just sit there and get mad every day. Like we needed you for wisdom and peace. We didn't need you to be ginned up right. By the same stuff over and over and over and over. so that's a real loss for an anxious younger generations not to have that to depend on.

Lori Lassen: Yeah, we've got to flip that script for sure.

Brant Hansen: Yeah.

Lori Lassen: There's some people that just seem to get stuck in this lifestyle, in this cycle of offensiveness. They just, it, they are offended from morning till night by things that happen. And then I'm sure they can't even stand being with themselves because they hate that they're like that. How would you suggest a practical thing that somebody can do to walk out of that and to get into this freedom of looking to the Lord to free them from that anger, that unforgiveness, that bitterness they're carrying around?

Brant Hansen: Well, I'm going to tell you how to do it. But I've already told you, and I don't mean that to say like, I just, like I've said, here's why I'm being repetitive, because I'm about to be repetitive again. But I'm going to tell you, bless people who curse you and pray for the, people who drive you crazy.

Lori Lassen: Two simple tasks to take away from this.

Brant Hansen: Yes, you do that and it will remind you why you're doing it. Like you, you'll be pressed into a gratitude and humility. Grateful for your own, the patience that God is showing you and me to be grateful every day for that. But doing, actually doing the thing that Jesus told us to do will lead to life.

Lori Lassen: Yeah.

Brant Hansen: Doing the things he told us to do. And it's not complex. We'll, we'll like, well, let me study that for six months. No, start today. That person next door or that

politician or that newscaster or that commentator or that person in your house, like you pray for God's blessings on them and you watch yourself grow up finally. But if we're not going to do that basic thing about loving our enemies, we're not going to grow up. And so that's why there are believers who are actually babies. And it comes to this area, even though they may know the scriptures backward for. They haven't actually done the thing.

Lori Lassen: Yeah. We see in our marriage ministry and a lot of the people that are in this audience listening to this find that, that because they have chosen to forgive a spouse who has hurt them and they are fighting for their covenant of marriage, that people even in the church will look at them and say, you're crazy. Why are you doing that? They hurt you. You should move on. You should start again. And that's just it. They're choosing to do exactly what you're saying. To pray for God's blessings on that person, to pray for that person to forgive sometimes even before that person has asked for forgiveness. And absolutely that. That's why we're praying.

Forgiveness starts in our homes, Brant says

We will see marriages changed and transformed. If you think about all the relationships we have as individuals, co workers, children, siblings, marriages. But it starts in our homes. And if we can't extend this to the people we're living under the roof with, then there's not much hope for me extending it to a stranger who wrongs me in the public's parking lot.

Brant Hansen: Yeah, it's. That's true for some people, it's actually easier to forgive the stranger.

Lori Lassen: that's true.

Brant Hansen: But the work is worth it.

Lori Lassen: Yeah.

Brant Hansen: And it'll, It'll change you. Like, in my experience, my dad and mom. And I don't mean to, I don't mean to bring up a negative example, but they got divorced. My dad was a pastor and he was an awful person. Awful. we live in a house of horrors. And he turned on the charm after they got divorced, even though he had been unfaithful and violent and everything. And they got remarried and divorced again.

Brant Hansen: After he went back to his old ways. He died a few months ago and he never changed.

Lori Lassen: Wow.

Brant Hansen: So in that case, what do I do? What, what does my brother do? Because his hypocrisy and his terrifying presence combined with, you know, preaching three times a week and all that, like, I could be living in reaction to that for the rest of my life.

Lori Lassen: Exactly.

Brant Hansen: But I didn't want to give him that power.

Lori Lassen: Yeah.

Brant Hansen: and I'm sorry. Intrigued by who Jesus is. Like, I actually want to take Jesus seriously and follow his way of living. And I have found that his way of living is better.

Lori Lassen: Yeah.

Brant Hansen: So I, I loved my dad and still love him. And I'm thankful for him, amazingly. Like, I can say that honestly.

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Brant Hansen: I'm thankful for him. But if, if I were living with the anger, that would be sabotaging my current Marriage. I've been married 36 years. It's been great. My family's been a totally different experience than what I grew up in, but praise the Lord, like, only because I was able to forgive him. Otherwise, I'd be stuck with this anger. And the anger actually winds up torpedoing all your other relationships.

Lori Lassen: Yes. That generational cycle just repeats itself.

Brant Hansen: Yeah. And so you. Even if you're. If you're. If you've been abused, you've been through this awful stuff, you've had to put up barriers and boundaries. I understand that. But you do want to release this right to anger, or that person is still taking a toll on you for the rest of your life.

Lori Lassen: Yes. Yep. Thanks for sharing that story, Brant. I appreciate that transparency, and I can relate to some of what you said. as I shared, that was a similar upbringing I had. You know, we were in church every time the doors were open, but

Monday through Friday, it was chaos in the house and abusiveness and verbal abuse, and. But in my situation, praise the Lord, I got to see God change my dad, and he repented, and he came back a different man. And so. But I had to forgive him, just like you did. You know, when he came back, I had to release what I was holding and let it go and forgive him and bless him, or I was going to ruin my relationship with him.

Brant Hansen: So that's so interesting to hear, and it's encouraging. And, I think, look, if somebody's not. If somebody's not a professing Christian, then none of this makes any sense, then I get it. Okay. But if you are. If you are, surely you understand just listing the things that somebody did. Don't you see what they did, though? It was terrible. I should be mad. Like, do you remember Jesus on the cross interceding to bless the people who were crucifying him? And then he says, we have to take up our crosses. We intercede for the people who are crucifying us. We ask for God's blessing on them.

Lori Lassen: Right.

Brant Hansen: Why? Because we love them and we want to be like the Lord. And he told us to do it. Like, what an opportunity.

Lori Lassen: Yeah.

Brant Hansen: So I. I genuinely. I do it half humorously, but mostly not to be funny, but I literally call traffic forgiveness pract. Because you've got an opportunity to start practicing blessing people who don't deserve it. And you pray for them, for God to bless their family. They do something to you that's awful or dumb, they're tailgating you. Like, Lord, bless that guy's family. Let his home be at peace. He's obviously dealing with stuff. You start doing that, it becomes a way of life where you just start praying to bless

people as you're driving by. I'll go for a walk. Every day I walk past the folks cutting the lawn or trimming the bushes. Lord, bless that guy today, his family. But you just. You just become more and more of that sort of person. And what happens is now you're a person of peace.

How can people get your book? Where can they follow you on Twitter

Lori Lassen: A person of peace, Yes. I love that. Instead of anger and there's a.

Brant Hansen: There are people who. Yeah, right. So there are people who are for peace. They're like peace activists, but they're actually very angry.

Lori Lassen: Right.

Brant Hansen: And then there's people, who can become purveyors of peace because of the Lord working in their lives and becoming a. Just a walking blessing for other people. And that's who I want to be.

Lori Lassen: Me, too. Starts with us.

Brant Hansen: Yeah.

Lori Lassen: Yeah.

Brant Hansen: Right.

Lori Lassen: I don't know about the traffic, though, Brandt. I don't know. I might need to work on that

Brant Hansen: a little bit, but step too far.

Lori Lassen: Baby steps. Baby steps.

Brant Hansen: Yeah, baby steps.

Lori Lassen: I95 is no joke.

Brant Hansen: Well, human nature is under the display.

Lori Lassen: Yeah, exactly. Exactly. Oh, Brandt, thank you so much for sharing with us today. How can people get your book? Where can they follow you? Where can they hear more from you? Because I know they can hear you.

Brant Hansen: Sure. Well, Amazon's great for the books. and I also wrote a book called the Men We Need I was telling you about, so that. That can be good for marriages, too, for guys to read.

Lori Lassen: Wonderful.

Brant Hansen: but yeah, you can find me on Amazon. She's Brant Hansen on Amazon. And then, well, I do a podcast with, my radio producer, Sherry. It's called the Brand and Sherry. Oddcast.

Lori Lassen: Not podcast. Oddcast.

Brant Hansen: No, Odd Cast. Because it is odd. And it's kind of a one of a kind. It's. It's about half attempts at comedy, and it's also half discipleship. So it's. It's. We're growing up, but we like to laugh about a lot of stuff. I love that talk about the kingdom and. Yeah, just. Just. Hopefully it's a joyful

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Brant Hansen: thing. Great.

Lori Lassen: That's awesome. Well, I hope everybody will pick up a copy of this book. Guys, you need to pick up the Men we Need and listen to Brandt's podcast. Thank you very much for challenging us today.

Brant Hansen: Thank you.

Lori Lassen: I know it's coming. Going to be a blessing to those who are listening to this, and we've got some work to do.

Brant Hansen: Thank you.

Well, I hope you really enjoyed that conversation with Brandt

Lori Lassen: Well, I hope you really enjoyed that conversation with Brandt. it was just such basic things that we talk about from the Bible, but it's not basic in our lives. If it

was, I think the world would look very different if we would live the way we talked about, if we would be praying for our enemies, if we would be blessing those who curse us. So I hope it was an encouragement to you. I hope it challenged you. I know I have been challenged, especially with traffic. I'm gonna be, I'm gonna be a better driver. I'm gonna not be offended by people's behavior. But I hope that this really did minister to you today. Brandt told us where you can find him. I hope you'll take some time and listen to his oddcast podcast because I know you'll enjoy it and pick up a copy of the book. We'll leave a link in the show notes. Living unoffended. The joy of simple peace in an angry, anxious world. And as a reminder, if you're on our email list, you have probably seen a couple of announcements, but our connect groups are starting again in just a few weeks. So if you are interested in studying and joining a small group online, walking through a study together with people who are in different stages of life and people who are in different stages of restoration or standing, you can find out more information about that by going to the link in the show notes. We would love to have you join one of our connect groups and grow and learn with other people who are walking through the same thing that you're walking with. As a reminder, we are listener supported ministry, so the fight for your marriage podcast does not happen without the very gracious and generous men and women who are champions that support us. And if you would like to become one of those champions, you can visit rejoiceministries.org and we would love to talk to you, about how you can become a champion and help continue to get this word out to people so that people know there is hope for their marriages. Until next time, keep fighting for your marriage.

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