

Recovering From Resentment

Building Relational Bridges - Part 5 of 9

“Love keeps no record of wrongs.” 1 Corinthians 13:5

1. Causes of resentment

(all verses from Job are from the Good News Translation)

- What people say about us.

“You have no troubles, yet you make fun of me; you hit a man who is about to fall.”

Job 12:5

- What people think about us.

“You think you are better than I am... and regard my troubles as proof of my guilt.”

Job 19:5

- What people do to us.

“... those I love most have turned against me.”

Job 19:19

2. The problem with resentment

- It is unreasonable.

“To worry yourself to death with resentment would be a foolish, senseless thing to do.”

Job 5:2

“...It’s foolish to harbor a grudge.”

Ecclesiastes 7:9 (GN)

- It is unhelpful.

“You are only hurting yourself with your anger!”

Job 18:4

- It is unhealthy.

“Some men stay healthy till the day they die . . . others have no happiness at all, they live and die with bitter hearts.”

Job 21:23-25

3. The cure for resentment

√ Reveal your hurt.

“I can't be quiet. I am angry and bitter. I have to speak.”

Job 7:11

“Listen to my bitter complaint. Don't condemn me, God!”

Job 10:1

√ Release your offender.

“After Job prayed for his three friends, the Lord made him prosperous again and gave him twice as much as he had before!”

Job 42:10

“Peter asked Jesus, ‘Lord how many times should I forgive my brother when he sins against me? Up to seven times?’ Jesus answered ... ‘Not seven times, but seventy times seven times!’”

Matthew 18:21-22 (NIV)

Forgiveness must be continual!

√ Refocus your life.

“Put your heart right, reach out to God . . . then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.”

Job 11:13-18

Don't resist a feeling, you can only replace it!

“God blessed the last part of Job's life even more than He had blessed the first!”

Job 42:12

Small Group Online Directory opens: May 25th

Summer Small Group Launch begins June 1st - 2nd