

RECOVERING FROM RESENTMENT

I Corinthians 13:5

1 Cor. 13:5 "Love keeps no record of wrongs."
(LB) ". . . does not hold grudges."

CAUSES OF RESENTMENT

- What people _____
"You have no troubles, yet you make fun of me; you hit a man who is about to fall." Job 12:5 (GN)
- What people _____
"You think you are better than I am, and regard my troubles as proof of my guilt." Job 19:5 (GN)
- What people _____
"... those I love most have turned against me." Job 19:19 (GN)

THE PROBLEM WITH RESENTMENT

- It is _____
"To worry yourself to death with resentment would be a foolish, senseless thing to do." Job 5:2 (GN)
- It is _____
"You are only hurting yourself with your anger!" Job 18:4 (GN)
- It is _____
"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 (GN)

THE CURE FOR RESENTMENT

- _____ your hurt.
"I can't be quiet. I am angry and bitter. I have to speak." Job 7:11 (GN)
"Listen to my bitter complaint. Don't condemn me, God!" Job 10:1 (GN)
- _____ 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 (GN)
"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!'" Matt. 18:21-22 (NIV)

Forgiveness must be _____ !
- _____ 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 (GN)

Don't resist a feeling, _____ !

"God blessed the last part of Job's life even more than He had blessed the first!" Job 42:12 (GN)