

# Letting Go of Resentment

*"Love keeps no record of wrongs."*

**1 Corinthians 13:5**

## Getting Along With Others

*"remember, you have with you Shimei son of Gera, ...who called down bitter curses on me the day I went to Mahanaim... I swore to him by the LORD: 'I will not put you to death by the sword.' But now, do not consider him innocent... Bring his gray head down to the grave in blood."*

**1 Kings 2:8-9**

## 1. The \_\_\_\_\_ of Resentment

*"[Love] ...keeps no record of wrongs."*

**1 Corinthians 13:5**

**Anger blows up immediately. But resentment \_\_\_\_\_ over a long period of time.**

*"My best friends abhor me. Those I loved have turned against me. **Job 19:19**  
(The Living Bible)*

- Resentment destroys \_\_\_\_\_
- Resentment destroys your \_\_\_\_\_
- Resentment is \_\_\_\_\_ suicide

*A cheerful heart is good medicine, but a crushed spirit dries up the bones.  
The Problem of Resentment **Proverbs 17:22***

- Prejudice is a terrible sin, and it promotes \_\_\_\_\_

*To worry yourself to death with resentment would be a foolish, senseless thing to do.  
**Job 5:2** (Good News Translation)*

## 2. A Prototype for \_\_\_\_\_

**John 21**

- Jesus was \_\_\_\_\_ by Simon Peter

*The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: "Before the rooster crows today, you will disown me three times." And he went outside and wept bitterly.* **Luke 22:61-62**

- **Jesus worked to restore the alienated relationship with Simon Peter**

*"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples AND PETER, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'"* **Mark 16:6-7**

- **Jesus made a special appearance to Simon Peter**  
**1 Corinthians 15:5**, all the resurrection appearances of Jesus Christ
- **Jesus gave attention \_\_\_\_\_ to reconciling Simon Peter**
- **Jesus Reinstates Peter** **John 21:15-19**

*When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you truly love me more than these?"* **John 21:15**

**"Forgiveness is releasing my right to hurt you back."** —Phillip Yancey

### **3. The Prescription for \_\_\_\_\_ from Resentment**

The very best prescription is prevention.  
Don't allow yourself to be resentful.

*You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.* **Micah 7:19**

*For I will forgive their wickedness and will remember their sins no more.* **Hebrews 8:12**

**It takes a while to forget, but we can bury the past.**

- **Jesus didn't bring up Peter's past mistakes**

*Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times.* **Matthew 18:21-22**

- **Forgiveness is to be a continual \_\_\_\_\_ in our lives.**

## The Prescription for Healing from Resentment

### 1. A \_\_\_\_\_ the problem

*"Revealing your feeling is the beginning of healing." —Rick Warren*

*Therefore I will not keep silent; I will speak out in the anguish of my spirit, I will complain in the bitterness of my soul. Job 7:11*

### 2. Decide to \_\_\_\_\_

*"And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins." Mark 11:25*

### 3. Take the \_\_\_\_\_

*"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over." Matthew 18:15*

### 4. R \_\_\_\_\_ the offender

*Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. Romans 12:19*

David struggled with resentment

Psalm 109

*"It is my job to love Billy and God's job to change him." —Ruth Graham*

### 5. Focus on the \_\_\_\_\_

*See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many. Hebrews 12:15*

### 6. Believe that forgiveness is \_\_\_\_\_

*Key: Problem, simmers, relationships, personality, emotional, resentment, Forgiveness, wounded, immediately, Healing, attitude, Admit, forgive, initiative, Release, future, possible*