

Releasing Resentments

"It takes a strong person to forgive."

I. Resentment Roots

The People

"If only we had meat to eat! We remember the fish we ate in Egypt at no cost--also the cucumbers, melons, leeks, onions and garlic. But now we have lost our appetite; we never see anything but this manna!" (Num. 11:4-6 NIV).

Moses

"Where can I get meat for all these people? They keep wailing to me, 'Give us meat to eat!' I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, put me to death right now--if I have found favor in your eyes--and do not let me face my own ruin" (Numbers 11:13-15 NIV).

2. A Resentment "Headlock"

"Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many" (Heb. 12:15 NLT).

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs" (1 Cor. 13:4-6 NIV).

1. My "record of wrongs" is erased when someone asks to be forgiven, but not until then. AGREE OR DISAGREE?
2. Keeping "no record of wrongs" means the relationship is restored. AGREE OR DISAGREE?
3. Keeping "no record of wrongs" means I forget the offense. AGREE OR DISAGREE?
4. Holding on to a resentment makes me more vulnerable to temptation. AGREE OR DISAGREE?

3. How to Release Resentments

Step One: I am _____ to release my resentments.

“Then Peter came and said to Him, ‘Lord, how often shall my brother sin against me and I forgive him? Up to seven times?’ Jesus *said to him, ‘I do not say to you, up to seven times, but up to seventy times seven’” (Matt. 18:21-22 NASB).

Step Two: I am _____ for Jesus Christ to set me free from my resentments.

"For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins" (Matt. 6:14-15 NIV).

Step Three: I _____ to allow God to right this wrong in His time.

“Alexander the metalworker did me a great deal of harm. The Lord will repay him for what he has done” (2 Tim. 4:14, NIV).

Step Four: I _____ my resentments to Christ and choose to forgive those who have wronged me.