



Series: Better Relationships

Sermon: Part 5: Harboring Resentment

Date: Sunday, November 12th, 2023

2 Main Ways People Express Their Anger

1. Explosive

2. Resentment

_____ : The feeling of anger, bitterness, and displeasure or persistent ill will at someone regarding a wrong, an insult, or an injury that we keep internally.

“I am about to go the way of all the Earth,” he said. “So be strong, act like a man, and observe what the Lord your God requires: Walk in obedience to Him, and keep His decrees and commands, His laws and regulations, as written in the Law of Moses. Do this so that you may prosper in all you do and wherever you go and that the Lord may keep His promise to me: ‘If your descendants watch how they live, and if they walk faithfully before Me with all their heart and soul, you will never fail to have a successor on the throne of Israel.’ Now you yourself know what Joab son of Zeruiah did to me— what he did to the two commanders of Israel’s armies, Abner son of Ner and Amasa son of Jether. He killed them, shedding their blood in peacetime as if in battle, and with that blood he stained the belt around his waist and the sandals on his feet. Deal with him according to your wisdom, but do not let his gray head go down to the grave in peace. And remember, you have with you Shimei son of Gera, the Benjamite from Bahurim, who called down bitter curses on me the day I went to Mahanaim. When he came down to meet me at the Jordan, I swore to him by the Lord: ‘I will not put you to death by the sword.’ But now, do not consider him innocent. You are a man of wisdom; you will know what to do to him. Bring his gray head down to the grave in blood.” (1 Kings 2:2-6,8-9)

For many of us, we carry around resentment in our _____ and it is ripping us apart.

When we read about King David experiencing resentment, it reveals that we can be absolutely successful on the outside but yet filled with resentment on the inside.

Love keeps no record of wrongs. (1 Corinthians 13:5)

When we sinned against God, He didn’t hold it against us or even retaliate against us, but He took the initiative to _____ us before we even thought to ask for it.

Forgiving someone doesn’t mean minimizing the seriousness of their offense nor does it mean pretending that it never happened or that it didn’t hurt.



In some relationships, you can forgive, but there is no _____ as you have to draw boundaries for your safety and well being.

Forgiveness is not really for the other person's benefit but really for our own benefit.

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:32)

We forgive because God has forgiven us.

While we were yet sinners Christ died for us. (Romans 5:8)

Addressing Our Resentment & Unforgiveness

1. Talk with God about what has happened to you

2. Talk it over with a trusted friend

3. Keep short accounts

Do not let the sun go down while you are still angry, and do not give the devil a foothold. (Ephesians 4:26)

4. Decide to give it up and forgive

Bottom Line: *Forgiveness is not really for the other person's benefit but really for our own benefit.*

Questions to reflect on this week or with others:

- 1. Who are you resentful towards and how is your resentment affecting you and your relationship with them?*
- 2. What makes it hard for you to forgive others in your life? Who do you have the most difficult time forgiving? Why?*
- 3. How can you take a next step towards addressing any resentment or unforgiveness in your life?*

Songs used in service: God Really Loves Us (Crowder & Maverick City Music), In Christ Alone (Stuart Townend), The Jesus Way (Phil Wickham), Build My Life (Pat Barrett)

-----Tear Here -----

Any prayer requests?

Name: _____ **Email (so we can follow up):** _____

What can we be praying for you about?