

“Justifiable Resentment – Blinded by Bitterness”
5 Blind Spots Blocking God’s Work in You, Part 4
6/7 & 6/10/18

The Toxic Enemy Inside

JUSTIFIABLE resentment can eat you alive

We all have minor irritations with others that remain just that: minor irritations we let **ROLL OFF** and learn to **LIVE WITH**

The expression “learn to live with” means we adjust to or accommodate the **HUMANITY** of another person and learn to accept it as part of the reality of being **IMPERFECT** people

Some hurts or affronts go so deep that they implant in our hearts a **ROOT** of bitterness

Ephesians 4:31 (NIV) “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

Bitterness **EATS** away at us, takes away our drive to fulfill our purposes in life, and **TAINTS** all our relationships

Bitterness **DISHONORS** God, who has forgiven us of so much and wants us to be willing to forgive others Job 5:2 (NIV) “Resentment kills a fool, and envy slays the simple.”

When we hold fast to resentment, we either **CHAIN** ourselves to a past or to a person who produced pain we cannot **UNDO** and whom we cannot **CHANGE**

The alternative is to find a way to move on, give up our right to **RESENT**, and find a way to **FORGIVE**

A huge potential step in this process is trying to get into the shoes of the person who has offended you – try to take the **SIDE** of the person who hurt you

You can’t forgive a devil, but you can forgive a person consumed by a **SICKNESS**

When you hold on to resentment, even if you think it’s justifiable, only **BAD** things can result

Resentment also gives up control of your life to the **PERSON** you resent

You may never change the person you resent, but getting rid of the resentment will certainly change **YOU**

Forgiveness: The Key to Overcoming Justifiable Resentment

Without **EXCEPTION** we are to forgive, no matter how strongly we feel that the severity of the offense justifies our continued resentment

Matthew 18:21-22 (NIV) “²¹ Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?’ ²² Jesus answered, ‘I tell you, not seven times, but seventy times seven.’”

We have a **MANDATE** to forgive

Often we look for any possible loophole to withhold forgiveness, but there is **NONE** –we must forgive

Forgiving is NOT...

- Forgiving is not **FORGETTING** - Forgiveness is often not instantaneous – it takes time
- Forgiving is not removing all the **CONSEQUENCES**
- Forgiving is not **TRUSTING** again - Trust is earned

When you forgive and let go, you regain your ability to live **HEALTHILY** in the present and develop lives

with **PURPOSE** for the future

Forgiveness is more for **YOU** – not **THEM**

Forgive, and if any vengeance is appropriate, let **GOD** be the avenger

Romans 12:19 (NIV) “Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay’, says the Lord.”

God’s truth helps us see that no matter what anyone did to you, even the worst pain can be transformed into something of **VALUE**

Genesis 50:20 (NIV) “[Joseph to his brothers who sold him into slavery out of jealousy] You intended to harm me, but God intended it for good...”

Romans 8:28 (NAS) “And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”

Try to begin to see these people as tools of God – **IMPERFECT** tools that God is using to transform my **CHARACTER**

Romans 8:29 (NLT) “For God knew His people in advance, and He chose them to become like his Son,...”

God never **WASTES** a pain or hurt; He wants to **USE** our hurt or pain to help others who are struggling
2 Corinthians 1:3-4 (NLT) “³All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.”

When we hold on to things and won’t forgive, we live behind walls of resentment, and we think it is **JUSTIFIED** because we can’t see the person who hurt us as **DESERVING** forgiveness

We can get to the point where the blind spot blocking our life is not what the other person did to us, but it is what **WE** are doing to **OURSELVES**

We must take the focus off what they did and put it on our **RESPONSE**

Rethinking the past and changing our perspective on the other person may not **FIX** the problem, but it can begin the process of getting us **UNSTUCK** from a past we cannot change

Forgiveness is a **PROCESS** rather than an **EVENT** – it’s best to start immediately with the process

Matthew 11:28-30 (NIV) “[Jesus said] ²⁸Come to Me, all you who are weary and burdened, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For My yoke is easy and My burden is light.”

My Next Step Today Is:

- I have some bitterness and resentment in my life that I am asking God to dig out of my life
- I feel as if I am stuck in my life because of a past hurt, and I need help to move forward

Next week: Join us as we explore “Disconnected Isolation – Blinded by Detachment.” Invite a friend!

“Justifiable Resentment – Blinded by Bitterness”
5 Blind Spots Blocking God’s Work in You, Part 4
6/7 & 6/10/18

The Toxic Enemy Inside

_____ resentment can eat you alive

We all have minor irritations with others that remain just that: minor irritations we let _____ and learn to _____

The expression “learn to live with” means we adjust to or accommodate the _____ of another person and learn to accept it as part of the reality of being _____ people

Some hurts or affronts go so deep that they implant in our hearts a _____ of bitterness
Ephesians 4:31 (NIV) “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

Bitterness _____ away at us, takes away our drive to fulfill our purposes in life, and _____ all our relationships

Bitterness _____ God, who has forgiven us of so much and wants us to be willing to forgive others

Job 5:2 (NIV) “Resentment kills a fool, and envy slays the simple.”

When we hold fast to resentment, we either _____ ourselves to a past or to a person who produced pain we cannot _____ and whom we cannot _____

The alternative is to find a way to move on, give up our right to _____, and find a way to _____

A huge potential step in this process is trying to get into the shoes of the person who has offended you – try to take the _____ of the person who hurt you

You can’t forgive a devil, but you can forgive a person consumed by a _____

When you hold on to resentment, even if you think it’s justifiable, only _____ things can result

Resentment also gives up control of your life to the _____ you resent

You may never change the person you resent, but getting rid of the resentment will certainly change _____

Forgiveness: The Key to Overcoming Justifiable Resentment

Without _____ we are to forgive, no matter how strongly we feel that the severity of the offense justifies our continued resentment

Matthew 18:21-22 (NIV) “²¹ Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?’ ²² Jesus answered, ‘I tell you, not seven times, but seventy times seven.’”

We have a _____ to forgive

Often we look for any possible loophole to withhold forgiveness, but there is _____ –we must forgive

Forgiving is NOT...

- Forgiving is not _____ - Forgiveness is often not instantaneous – it takes time
- Forgiving is not removing all the _____
- Forgiving is not _____ again - Trust is earned

When you forgive and let go, you regain your ability to live _____ in the present and develop lives with _____ for the future

Forgiveness is more for _____ – not _____

Forgive, and if any vengeance is appropriate, let _____ be the avenger

Romans 12:19 (NIV) “Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay’, says the Lord.”

God’s truth helps us see that no matter what anyone did to you, even the worst pain can be transformed into something of _____

Genesis 50:20 (NIV) “[Joseph to his brothers who sold him into slavery out of jealousy] You intended to harm me, but God intended it for good...”

Romans 8:28 (NAS) “And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”

Try to begin to see these people as tools of God – _____ tools that God is using to transform my _____

Romans 8:29 (NLT) “For God knew His people in advance, and He chose them to become like his Son...”

God never _____ a pain or hurt; He wants to _____ our hurt or pain to help others who are struggling

2 Corinthians 1:3-4 (NLT) “³All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.”

When we hold on to things and won’t forgive, we live behind walls of resentment, and we think it is _____ because we can’t see the person who hurt us as _____ forgiveness

We can get to the point where the blind spot blocking our life is not what the other person did to us, but it is what _____ are doing to _____

We must take the focus off what they did and put it on our _____

Rethinking the past and changing our perspective on the other person may not _____ the problem, but it can begin the process of getting us _____ from a past we cannot change

Forgiveness is a _____ rather than an _____ – it’s best to start immediately with the process

Matthew 11:28-30 (NIV) “[Jesus said] ²⁸Come to Me, all you who are weary and burdened, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For My yoke is easy and My burden is light.”

My Next Step Today Is:

- I have some bitterness and resentment in my life that I am asking God to dig out of my life
- I feel as if I am stuck in my life because of a past hurt, and I need help to move forward

Next week: Join us as we explore “Disconnected Isolation – Blinded by Detachment.” Invite a friend!