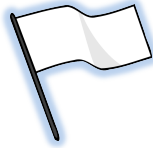


Letting Go!

Letting Go of Resentment

March 19, 2023



"If my misery could be weighed and my troubles be put on the scales, they would outweigh all the sands of the sea." Job 6:2 ^{NLT}

"I hate my life and don't want to go on living. Oh, leave me alone for my few remaining days." Job 7:16 ^{NLT}

Roots of Resentment

1. What people _____ US.

Job 12:5 ^{GNT} – "You have no troubles, and yet you make fun of me; you hit someone who is about to fall."

Proverbs 12:18 ^{GNT} – "Thoughtless words can wound as deeply as any sword..."

2. What people _____ US.

Job 19:5 ^{GNT} – "You think you are better than I am, and regard my troubles as proof of my guilt."

3. What people _____ US.

Job 19:19 ^{GNT} – "My closest friends look at me with disgust; those I loved most have turned against me."

Ridiculousness of Resentment

1. It's _____.

Job 5:2 ^{GNT} – "To worry yourself to death with resentment would be a foolish, senseless thing to do."

Ecclesiastes 7:9 ^{CEV} – "Only fools get angry quickly and hold a grudge."

Psalms 106:33 ^{GNT} – "They made him so bitter that he spoke without stopping to think."

2. It's _____.

Job 18:4 ^{GNT} – "You are only hurting yourself with your anger."

3. It's _____.

Job 21:23-25 ^{GNT} – "Some people stay healthy till the day they die; they die happy and at ease. Others have no happiness at all; they live and die with bitter hearts."

Job 5:2 ^{NIV} – "Resentment kills a fool..."

Routing Out Resentment

1. Reveal your _____.

Job 7:11-20 ^{GNT} – "I can't be quiet! I am angry and bitter. I have to speak. Why do you keep me under guard? Do you think I am a sea monster? I lie down and try to rest; I look for relief from my pain. But you – you terrify me with dreams; you send me visions and nightmares until I would rather be strangled than live in this miserable body. I give up; I am tired of living. Leave me alone. My life makes no sense. Why are people so important to you? Why pay attention to what they do? You inspect them every morning and test them every minute. Won't you look away long enough for me to swallow my spit? Are you harmed by my sin, you jailer?"

Three ways to respond to hurt:

i. _____ it.

ii. _____ it.

iii. _____ it.

James 5:16 ^{GNT} – "Confess your faults to one another and pray for one another, so that you will be healed."

Job 6:14 ^{MSG} – "When desperate people give up on God Almighty, their friends, at least, should stick with them."

2. Release your _____.

Job 42:7 ^{GNT} – "After the LORD had finished speaking to Job, he said to Eliphaz, 'I am angry with you and your two friends, because you did not speak the truth about me, the way my servant Job did.'"

Job 42:10 ^{GNT} – "After Job had prayed for his three friends, the LORD made him prosperous again and gave him twice as much as he had had before."

Luke 6:27 ^{GNT} – "I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you."

3. Refocus your _____.

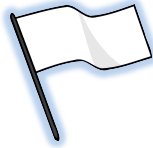
Job 11:13-16 ^{GNT} – "Put your heart right... Reach out to God... Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more."

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