



# DON'T BURY IT ALIVE

S E R M O N   G U I D E

## No Limits with Pastor Delman

## Don't Bury It Alive

*Job 36:13; Ephesians 4:31; Hebrews 12:15*

# INTRODUCTION

## NOTES

In today's key Scripture verses, there are repressed emotions that show up as resentment. Unexpressed feelings are swept under the rug until they come out. Job speaks of hearts soured by resentment; Ephesians and Hebrews warn against bitterness that springs up and causes trouble. If we are to live the abundant life Christ offers, we must resist burying feelings alive. To do that, we must prevent resentment from getting a foothold.

## KEY POINTS

## 1. Learn to Detect Resentment

Resentment is a bitter indignation at having been treated unfairly. It happens when hurt festers in the heart. You know when it's happening because negative feelings, a critical disposition, or slow, seething irritability surface. You feel like a pot of coffee brewing and steaming until you might explode, saying things like, "If one more thing happens, I'm going off," or "I can't stand him," or "She gets on my nerves."

The path to victory over resentment starts with awareness of what's happening inside you. So begin noticing tension, boiling temperature, changes in breathing, pacing, and getting out of character. Detect the signs that something is bothering you. These unresolved feelings you thought were dead are still alive, and the only way to keep from burying them further is to start noticing when resentment is building.

## 2. Identify the Cause(s) of the Resentment

Resentment is often born from legitimate feelings, needs, and experiences we did not handle well. There is nothing wrong with feelings, but when mishandled, bitterness can set in. So we must ask: What caused this?

Emotions are cues. They point us to what needs attention. So ask: What's at the root? Was something bypassed and never repaired? Are there legacy burdens, generational abuses, or historic traumas being triggered?

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It takes courage to dig up what was buried. It's like looking at a wound so you can clean it. Shame often keeps people from admitting bitterness. But identifying resentment is necessary because only then can you stop it from taking up residence in your heart and destroying you from within. Hebrews calls it "the root of bitterness." We must excavate the remains and fossils of buried feelings if we want healing.

**3. Don't Harbor Resentment**

Job 36:13 warns against harboring resentment. When legitimate emotions are mishandled, they become strongholds...fortresses that won't move, like "nimbostratus clouds" that settle in and cause destruction. Scripture shows resentment never ends well: Cain murdered Abel; Leah and Rachel entered bitter rivalry; Job's wife told him to "curse God and die"; the Pharisees resented Jesus and crucified Him. If you want to defeat resentment, stop ruminating over it. Stop rehearsing it, recycling it, repeating it. Instead, you must release it.

**4. Reframe What Happened to You**

Joseph had every reason to be resentful, yet he reframed his pain: "What you meant for evil, God meant for good" (Genesis 50:20). Reframing asks, "What if God was in this?"

God wants to help us work through negative feelings so they don't become embedded strongholds. Resentment leads to sin, distance, guardedness, and harshness. Satan wants bitterness to distort your image, interests, and imagination, turning trust into suspicion and freedom into rigidity.

But God wants to heal. So ask: How can God use this? What have I learned? Where is God's hand in this? Romans 8:28 says God works all things for good. Reframing lets you look through the windshield, not the rearview mirror.

**NOTES**

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### **QUESTIONS TO CONSIDER**

1. What signs show up in your body or behavior when resentment is beginning to build?
2. What might be at the root of any resentment you currently feel (an old wound, a betrayal, unmet needs, or unexpressed emotions)?
3. What is one feeling you need to express or forgive so that you can stop harboring resentment and live freely?

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