

BAGGAGE CLAIM



Week 5: RESENTMENT

WOUND > REACTION > REPAIR > RESENT

RESENTMENT IS...

- UNHELPFUL
- UNRAVELS RELATIONSHIPS
- UNHEALTHY
- UNDERMINES MY RELATIONSHIP WITH GOD



Mark 11:25 "And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that your Father Who is in heaven may also forgive you your [own] failings and shortcomings and let them drop."

WE ALL MISS THE MARK



1. REVEAL THE HURT

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 139:23-24

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2. RELEASE THE PEOPLE INVOLVED

1 Peter 2:23 When He (Jesus) suffered, He did not threaten to get even; He left His case in the hands of God who always judges fairly.

Luke 6:28 Bless those who curse you. Pray for those who hurt you.

THE RECIPE FOR LETTING GO & LETTING GOD



3. RELY ON YOUR FAITH

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. **Proverbs 3:5,6**

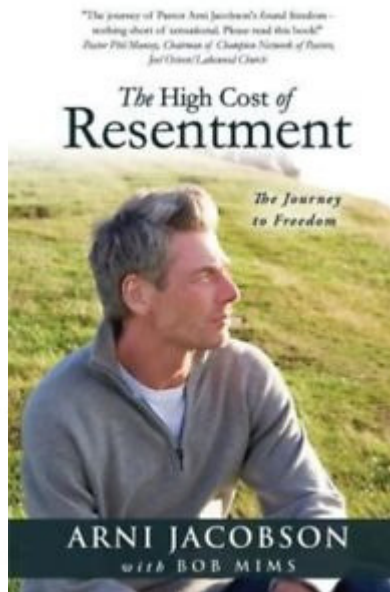
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ADDITIONAL RESOURCES

Book Recommendation

Music Recommendation



The High Cost of Resentment
by Arni Jacobson



Human
by Holly Starr

Film Recommendation



**Seeking A Friend For
The End of the World**