



# LIFEgroup STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER

### SUNDAY MESSAGE REVIEW

**NOTE to the LIFEgroup Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

## OPEN IN PRAYER

## STARTER QUESTIONS:

**Where have you seen God at work in your life since we last met?**

**What stood out to you from the message this week?**

## MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

**How did this verse speak to you in your life?**

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

**Is there an area that you feel God is speaking to you through this message?**

## FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

**Would anyone like to share your thoughts about what we discussed today?**

**How can we pray for you as a group?**

## CLOSE IN PRAYER

## BETTER TOGETHER

### “Resentment”

#### Where resentment/hurt comes from:

- What people think about us

*"You think you are better than I am, and regard my troubles as proof of my guilt"*  
Job 19:5 (GNT)

- What people say about us

*"You have no troubles, and yet you make fun of me; you hit a man who is about to fall."*  
Job 12:5 (GNT)

*"Thoughtless words wound just as deeply as any sword."* Proverbs 12:18

- What people do to us

*"... those I loved most have turned against me."* Job 19:19 (GNT)

#### Benefits of resentment:

Eliphaz: *"To worry yourself to death with resentment would be a foolish, senseless thing to do."*  
Job 5:2 (GNT)

Bildad: *"You are only hurting yourself with your anger!"* Job 18:4 (GNT)

Eliphaz: *"Resentment kills."* Job 5:2 (NIV)

#### Resentment:

1. Blocks my fellowship with God. (1 John 4:20)
2. Poisons my life (Hebrews 12:15) Root of bitterness
3. Hinders my prayers. (1 Peter 3:7)

#### How to get rid of resentment?

- Let it out

*"I can't be quiet. I am angry and bitter. I have to speak."* Job 7:11 (GNT)

*"Listen to my bitter complaint. Don't condemn me, God!"* Job 10:1-2 (GNT)

*"In trouble like this, I need loyal friends - whether I've forsaken God or not."*  
Job 6:14 (GNT)

Revealing your feeling is the beginning of healing.

- Let it go!

*"After Job prayed for his three friends, the Lord makes him prosperous again and gave him twice as much as he had before!"*  
Job 42:10 (GNT)

As long as you are trying to forgive, you are forgiving.  
It's when you no longer try that resentment sets in.

- Look to God

*"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."*

Job 11:13 (GNT)

Jesus: *"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."*  
Matthew 11:28-29 (NLT)