

# MOVING FORWARD

## RECOVERING FROM RESENTMENT

From the life of Job we learn the causes, consequences, and cures for a deadly poison—resentment.

*"If my troubles and grief were weighed on a scale, they would weigh more than the sands of the sea."*  
- Job 6:1 (GN)

*"...He has filled my life with bitterness."* - Job 9:18 (GN)

### I. CAUSES OF RESENTMENT

1. \_\_\_\_\_  
*"You have no troubles, and yet you make fun of me; you hit a man who is about to fall."* - Job 12:5 (GN)
2. \_\_\_\_\_  
*"You think you are better than I am and regard my troubles as proof of my guilt."* - Job 19:5 (GN)
3. \_\_\_\_\_  
*"...those I loved most have turned against me."* - Job 19:19 (GN)

### II. THE CONSEQUENCES OF RESENTMENT

4. Resentment is \_\_\_\_\_  
*"To worry yourself to death with resentment would be a foolish, senseless thing to do."* - Job 5:2 (GN)
5. Resentment is \_\_\_\_\_  
*"You are only hurting yourself with your anger!"* - Job 18:4 (GN)
6. Resentment is \_\_\_\_\_  
*"Some men 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 21:23-25 (GN)

### III. THE CURE FOR RESENTMENT

7. \_\_\_\_\_  
*"I can't be quiet. I am angry and bitter. I have to speak."* - Job 7:11 (GN)  
*"Listen to my bitter complaint. Don't condemn me, God!"* - Job 10:1 (GN)



## Alternatives to Resentment:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

*"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 (GN)*

*"But 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. - Luke 6:27-28 (GN)*

*If someone has done you wrong, do not repay him with a wrong. Try to do what everyone considers to be good. <sup>18</sup> Do everything possible on your part to live in peace with everybody. <sup>19</sup> Never take revenge, my friends, but instead let God's anger do it. For the scripture says, "I will take revenge, I will pay back, says the Lord." <sup>20</sup> Instead, as the scripture says: "If your enemies are hungry, feed them; if they are thirsty, give them a drink; for by doing this you will make them burn with shame." <sup>21</sup> Do not let evil defeat you; instead, conquer evil with good. - Romans 12:17-21 (GN)*

5. \_\_\_\_\_

*"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 11:13-16 (GN)*

You can't resist a feeling, you must \_\_\_\_\_

*"The Lord blessed the last part of Job's life even more than He blessed the first." - Job 42:12 (GN)*