

What is Love? - Love is Not Irritable or Resentful

Psalm 130 (NIV); Jeremiah 31:31-34; 1 Corinthians 13:4-8a; 2 Corinthians 5:17-21;

Stories of Resentment

A woman physically and verbally _____ by her father as a child.

Victims of theft and murder; abandonment and betrayal; rejection and worse.

What are some ways you have been wronged? What are some good reasons you have to be angry?

What is Resentment?

According to the dictionary: resentment is “bitter indignation at having been treated _____.”

“Grudge” is a synonym: “a persistent feeling of ill will or resentment resulting from a past insult or injury.”

Resentment is reliving a past hurt and fantasizing about what we should do to balance the scales of

_____. Resentment is a way of trying to harm and mistreat others in our _____

when we can’t do it in the real world. Unfortunately, all it does is take a toll on _____ heart and soul.

“Resentment is like drinking poison and then hoping it will kill your enemies.” - Nelson Mandela

If you don’t let go of the past, the past won’t let go of you.

Getting rid of resentment always blesses at least two, and one of them is _____.

What happens when we foster resentment?

It’s a power play. We are trying to remain in _____.

When fear or our _____ keeps us from lashing out in violence, we do it in our heart and mind. We even relish every fantasy of them getting what we believe they _____.

We end up putting ourselves in the place of _____.

In order to maintain our resentment, we not only need to feel ` _____ to God, but also those who hurt us. We do this by creating a *caricature* of them.

Why do we do it?

We think this gives us the _____ to _____ ourselves from other people.

But the truth is there is no way for us to completely _____ being hurt by people.

So, we’re going to have to figure out how to _____ and _____ our resentments.

How do we get free from it?

We have to _____ the playing field.

We need to get down off our high horse, and _____ up our image of others.

If God has promised not to keep a record of your sins, how can you keep a record of the sins of others?

When you let go of the past, the past can let go of you.

What is God saying to you today?

What are you going to DO about it?