

TAKE HOME SHEET



Series: Travel Light
Message: Letting Go of Resentment
Speaker: Rusty Coram
Date: December 21/22, 2019

Mary faced circumstances that could easily have fueled resentment. Instead, she deliberately came to God with a humble heart. As a result, she was able to resist bitterness and resentment, and in their place, find faith and hope. (You can read about her in Matthew 1:18 through chapter 2; Luke 1:26 through 2:40)

Question:

Who do I know that lives with bitterness and resentment (see definition)?

How does it impact their life and relationship with others?

Am I carrying around any resentment or bitterness (see definition)? If so, what is it about?

How is it impacting me and my relationship with others?

The following is help from God, so we can avoid the dangerous trap of resentment and discover the peace and fulfillment that can be ours if we choose to trust Him regardless of our circumstances.

³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
Ephesians 4:31-32 (NLT)

¹⁹ Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. ²⁰ Human anger does not produce the righteousness God desires.
James 1:19-20 (NLT)

²⁶ And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil.
Ephesians 4:26-27 (NLT)

²⁸ Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy to bear, and the burden I give you is light.”
Matthew 11:28-30 (NLT)

MESSAGE NOTES



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Resentment: a feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury

Anger is a normal reaction that needs to be controlled.

Resentment is a deadly mindset that needs to be eliminated.

Surely resentment destroys the fool, and jealousy kills the simple.

Job 5:2 (NLT)

Jesus' mother, Mary, is a great example of resisting resentment and developing faith.

Mary had built her faith on a clear understanding of who God is and that He always works for the good of those who trust and obey.

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Romans 8:28 (NLT)

Mary knew the stories of how God worked in people's lives in the past - like her fiancée's namesake, Joseph.

¹⁹ But Joseph replied, "Don't be afraid of me. Am I God, that I can punish you?" ²⁰ You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people."

Genesis 50:19-20 (NLT)

Mary chose to dwell on the goodness of God and His sovereign care for her, and this protected her from resentment.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you.

Philippians 4:8-9 (NLT)

...but Mary kept all these things in her heart and thought about them often.

Luke 2:19 (NLT)



TRAVEL LIGHT

[LEAVE YOUR BAGGAGE BEHIND]

In a crowded and busy holiday season, we can often feel weighed down by family relationships, financial pressure, regrets and more. This series will help us see the weight we feel comes from things God never intended us to carry. In fact, hanging onto baggage can indicate a misguided perspective or absence of God's power. Christmas reminds us that He wants to walk through life beside us, providing access to all the love, hope and peace He offers.

FIRST TIME GUESTS

We promise we're not going to make you stand up in front of everyone or track you down, but we'd love to know you were here today! Simply fill out your communication card in the seat back in front of you and check the "First Time Guest" box. On your way out, stop by Guest Services at the front doors and get your FREE welcome gift. We're glad you are here!

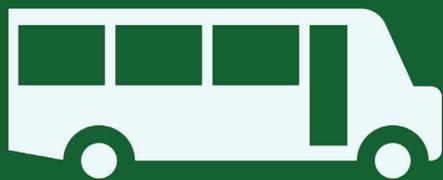
**WE'RE
SO GLAD
YOU JOINED
US TODAY!**

newhope
church

We're honored when people choose to do church with us. New Hope is for anyone who wants to seek God - from those exploring if He even exists, to devoted Christ-followers. Wherever you are, you'll find we are committed to showing the love of Jesus and helping people establish a relationship with Him. We are casual, laid-back and far from perfect. **ALL are welcome!**



While we won't be holding on-campus services the weekend after Christmas, we will have a special online service you can watch during any of our regular service times. So gather family on December 28th or 29th and enjoy the final message in our Travel Light series. **You can find us online at live.newhope.org.**



The shuttle will be running on Christmas Eve starting at 1:00. Please consider parking in the lot behind Giant. You'll free up a space and receive door to door service!

END OF YEAR **GIVING**

Please prayerfully consider how you can help us meet our current needs and start the new year in a positive position by making a difference with a special year-end gift. To take a deduction on your 2019 tax return, your gift must be postmarked or received on or before December 31, 2019. There are two ways to give online: 1) Create an account on the HUB and utilize the secure online giving through New Hope's giving platform, or 2) Use your bank's online bill pay platform to give using your checking account. To give electronically, visit newhope.org/giving.



Both the 2020 Ministry Plan and the nominations for the Leadership Team (Elaine Ward and Dan Murphy) were unanimously approved last weekend by the Partners.

2020 BIBLE READING PLAN

This year's Bible Reading Plan (BRP) will encourage you to explore and develop disciplines in your life to help you grow in your relationship with Jesus. Think of a discipline as a habit that deeply influences your life. Each month is devoted to a different spiritual discipline or habit. Richard J. Foster, author of *Celebration of Discipline: The Path to Spiritual Growth* defines spiritual disciplines as "...the means of God's grace for bringing about genuine personality formation characterized through and through by love and joy and peace and patience and kindness and goodness and faithfulness and gentleness and self-control (Galatians 5:22-23)." Spiritual disciplines aren't just something we read about; they are practices we do or habits we develop with the end result of being more like Jesus. We would like to encourage you to read *Celebration of Discipline* along with the BRP. You can purchase it on Kindle (amazon.com) now for only \$1.99.



MISSION MUFFINS

Mission Muffins, part of Central Union Mission's Ready2Cook program, is here on Sunday. Pick them up in the front lobby for all your Christmas needs. Who knew doing good could taste so good?!

MEN'S RETREAT

Save the Date • January 25th • More Details Coming Soon

TAKEOVER

There will be NO TAKEOVER SERVICES on December 22nd or 29th. We hope you have a great Christmas and New Year break. See you on Sunday, January 5th!



The Landing is not meeting on December 24th or 31st. Merry Christmas! We'll see you Tuesday, January 7th!

mark your calendar

dec

12.24
Christmas Eve
Svcs (2,4,6 pm)

12.28-29
Online Services
(live.newhope.
org)

jan

1.24-26
High School
Winter Bash

1.25
Middle School
Winter Bash

1.25
Men's One Day
Retreat

1.26
Mission Muffins

Feb

2.23
Mission Muffins

mar

3.14
Northstar
Womens
Conference

3.22
Mission Muffins



New Hope Holiday Service Schedule

Dec 24 Christmas Eve Services 2, 4 and 6 pm*
Dec 28/29 Online Services Only
(live.newhope.org)

* Children's programs for children birth through five yrs old at 2 & 4 only.

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