

# HOW TO RECOVER FROM RESENTMENT

## How to Handle Life's Hurts - Part 2

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

**Job 9:18** "... He has filled my life with bitterness."

### I. CAUSES OF RESENTMENT:

1. What people \_\_\_\_\_.

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

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

2. What people \_\_\_\_\_.

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

3. What people \_\_\_\_\_.

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

### II. THE CONSEQUENCES OF RESENTMENT:

1. RESENTMENT IS \_\_\_\_\_.

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

**Ecclesiastes 7:9** "It's foolish to harbor a grudge."

2. RESENTMENT IS \_\_\_\_\_.

**Job 18:4** "You are only hurting yourself with your anger!"

3. RESENTMENT IS \_\_\_\_\_.

**Job 21:23-25** "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."

### III. THE CURE FOR RESENTMENT:

#### 1. REVEAL \_\_\_\_\_

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

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

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

#### 2. RELEASE \_\_\_\_\_

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

**Luke 6:27** "But I tell you who hear me, Love your enemies. Do good to those who hate you. Bless those who curse you. Pray for those who mistreat you."

**Romans 12:17** "Do not repay anyone evil for evil. If it is possible, as far as it depends on you live at peace with everyone."

**Romans 12:19** "Do not take revenge, my friends, but leave room for God's wrath. For it is written, 'It is mine to avenge. I will repay,' says the Lord. On the contrary, if your enemy is hungry, feed him. And if he's thirsty, give him something to drink."

**Romans 12:21** "Do not be overcome by evil, but overcome evil with good."

#### 3. REFOCUS \_\_\_\_\_

**Job 11:13-16** "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."

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

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