

Recovering from Resentment

Where is God when it Hurts (Part 5)

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THREE CAUSES OF RESENTMENT

1. What people say about us (Job 12:5).
2. What people think about us causes us to hurt (Job 19:5).
3. Another thing that hurts us is what people do to us (Job 19:19).

NEGATIVE CONSEQUENCES

1. RESENTMENT IS Unreasonable (Job 5:2)
2. RESENTMENT IS UNHELPFUL (18:4)
3. RESENTMENT IS UNHEALTHY (Job 21:23-25)

THREE CURES

1. REVEAL YOUR HURT (Job 7:11; 10:1)
2. RELEASE YOUR OFFENDER (Job 42:10; Luke 6:27-28; Romans 12:17-21)
3. REFOCUS (Job 11:13-16; 42:12)