

Freedom from the giant of resentment

(PART 2 of 2)
April 19, 2021

PSALM 4:4 NLT - (4) Don't sin by letting anger control you. Think about it overnight and remain silent.

I read this week about a man who was bitten by a dog that was later discovered to be infected. Hospital tests confirmed it: The man had contracted rabies. This was back when there wasn't anything that could be done after rabies set in. There was no cure. So the doctor told the man that he was going to die. "Sir," he said, "everything possible will be done to make your comfortable, but we can't offer any false hope. My best advice to you is to put your affairs in order as soon as possible." The man was in shock and then deep depression. But finally, he rallied enough strength to ask the doctor for a pen and paper. Then he began writing furiously. An hour later, when the doctor returned, the man's pen was still flowing. The doctor said, "Well, it's good to see you've taken my advice. I take it you are working on your will." "This ain't no will, Doc," said the man. "It's a list of the people I plan on biting' before I die."

Let's look at ways of conquering resentment:

- 1)** In order to conquer resentment we have to **recognize** the condition.
- 2)** First you recognize the condition of resentment, then you **reveal** the causes of resentment.
- 3)** Not only must you recognize the condition of resentment and reveal the cause of resentment, you must also **remember** the consequences of resentment.
- 4)** So what can we do about resentment? Is there any way really to conquer it? Yes, and that's the last biblical key I want to share with you this morning: **realize** the cure for resentment.

Resentment is not rational. However, the consequences are real, and the consequences of resentment are destructive.

Resentment is a passive, weak emotion that has no place in the Christian life. If there is injustice, we should deal with it through prayer and godly action. If there is insult, we should concentrate on who we are in Christ and not place too much value on the cruel words of others. If we face injustice in the course of our work for God, we should accept it as to be expected. And if God allows us to be dishonored for the sake of sanctification, the best, least painful response is to repent and allow Him to work in us.

SCRIPTURE READING: LUKE 6:31

THOUGHT FOR THE WEEK: The worst resentment anyone could have is when you feel justified to keep it.

"A JOURNEY OF THE HEART"