

How To Recover From Resentment

Life story of Job

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."

What Causes Resentment?

What people say about us

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

What people think about us

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

What people do to us

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

Resentment Is...

UNREASONABLE

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

UNHELPFUL

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

UNHEALTHY

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."

The Cure For Resentment

Reveal Your Hurt

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!"

CHOICES WE HAVE...

Stuff your hurt

Retaliate

Confess

Release Your Offender

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 6:27-28

Romans 12:17-21

Focus On God

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."

“Put your heart right”

“Reach out to God”

**“Face the world again,
firm and courageous”**

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