

2018 HACC SMALL GROUP FALL CYCLE

Soul Detox Part 7: Resentment

Introduction

Max Lucado defines Resentment as follows;

“Resentment is when you let your hurt become hate. Resentment is when you allow what is eating you to eat you up. Resentment is when you poke, stoke, feed, and fan the fire, stirring the flames and reliving the pain. Resentment is the deliberate decision to nurse the offense until it becomes a...growling grudge.”

Discussion

4 Ways to Overcome the Toxin of Resentment

1. Guillotine the Grudge

- How does a grudge develop?
- For what reason do we seek revenge?
- How is God’s justice different from our concept of revenge?
Read Leviticus 19:18.
- How do we resist the urge to seek revenge?
Read Proverbs 20:22.

2. Overlook the Offense

- What are some examples of others’ actions that offend us?
Which of these examples of offences are we capable of overlooking?
- Why is it beneficial to overlook an offence?
Read Proverbs 17:14; 19:11
- How can taking offence be dangerous for us?
Read Ecclesiastes 7:9
- What are some alternatives to taking offence?
Read Romans 12:17-21

3. Forgiveness Brings Freedom

- What does Jesus say about forgiveness?
Read Matthew 6:14-15
- Is it mandatory for Christians to offer forgiveness?
Read Matthew 6:12
- How can unforgiveness affect our prayer life?
Read Mark 11:25

- Three Parts to Forgiveness:
 - You forgo the right to striking back.
 - You replace the feeling of resentment and anger with goodwill, a love which seeks the other's welfare not harm.
 - It means the forgiving person takes concrete steps to restore good relations.

4. **Be Mindful of Mercy**

- What is the difference between forgiveness and mercy?
Read Matthew 9:21-35
- What are some friendships and/or relationships that remind you of the importance of mercy?
 - "A godly friend is sometimes critical to remembering mercy. Friendship is one of the sweetest joys of life. Many might have failed beneath the bitterness of their trial had they not found a friend."

Conclusion

Forgiving others can be more difficult than climbing the world's tallest mountains. Spend some time talking with one another about how as a Small Group you might be able to be more forgiving of others around you.

Prayer