

WHEN LIFE HURTS — PART 4

RECOVERING FROM RESENTMENT

Job 6:2-3 (NLT) “If my misery could be weighed and my troubles be put on the scales, they would outweigh all the sands of the sea.”

Job 9:18 (GN) “... He has filled my life with bitterness.”

THREE CAUSES OF RESENTMENT

1. What people _____ about us.

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

Proverbs 12:18a (GN) Thoughtless words wound just as deeply as any sword...

2. What people _____ about us.

Job 19:5 (GN) “You think you are better than I am, and regard my troubles as proof of my guilt.”

3. What people _____ to us.

Job 19:19b “... those I loved have turned against me.”

THREE CONSEQUENCES OF RESENTMENT

1. Resentment is _____.

Job 5:2 (GN) “To worry yourself to death with resentment would be a foolish, senseless thing to do.”

Ecclesiastes 7:9b (GN) ...It's foolish to harbor a grudge.

2. Resentment is _____.

Job 18:4a (GN) “You are only hurting yourself with your anger...”

3. Resentment is _____.

Job 21:23-25 (GN) “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.”

THREE CURES FOR RESENTMENT

1. I _____ My Hurt.

Job 7:11 (GN) “I can't be quiet. I am angry and bitter. I have to speak.”

Job 7:12-20 (GN) “Why do you keep me under guard. Do you think I'm a sea monster? ¹³I lie down and try to rest; I look for relief from my pain. ¹⁴But you terrify me with dreams; you send me visions and nightmares ¹⁵until I would rather be strangled than live in this miserable body. ¹⁶I give up; I'm tired of living. Leave me alone. My life makes no sense. ¹⁷Why are human beings so important to you? Why pay attention to what they do? ¹⁸You inspect them every morning and test them every minute. ¹⁹Won't you look away long enough for me to swallow my spit? ²⁰Are you harmed by my sin, you jailer.”

Job 6:14 (GN) “In trouble like this, I need loyal friends whether I've forsaken God or not.”

2. I _____ My Offender.

Job 42:10 When Job prayed for his friends, the Lord restored his fortunes. In fact, the Lord gave him twice as much as before!

Luke 6:27-28 “But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. ²⁸Bless those who curse you. Pray for those who hurt you.”

Romans 12:17-21 Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. ¹⁸Do all that you can to live in peace with everyone. ¹⁹Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the Lord. ²⁰Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.” ²¹Don't let evil conquer you, but conquer evil by doing good.

3. I _____ My Attention

Job 11:13-16 (GN) “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.”

• I can't _____ a feeling, I must _____ it!

Job 42:12 So the Lord blessed Job in the second half of his life even more than in the beginning.”

June 7, 2026

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Financial Snapshot

Weekly Need	Last Week	Weekly (Under)
\$ 21,212	\$ 21,537	\$ 325
YTD Need	YTD Given	YTD (Under)
\$445,442	\$422,761	\$ (22,681)