



Let Go of Resentment

1. _____

Matthew 27:46: And about the ninth hour Jesus cried out...“My God, my God, why have you forsaken me?”

Job 7:11: I will not keep silent; I will speak in the anguish of my spirit; I will complain in the bitterness of my soul.”

Write Down Anyone You’re struggling to forgive:

2. _____

Luke 23:34: And Jesus said, “Father, forgive them, for they know not what they do.”

James 1:19: “Be quick to listen, slow to speak and slow to become angry.”

Ephesians 4:31-32 (NIV) “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Leviticus 19:17: “Do not nurse hatred in your heart for any of your relatives.* Confront people directly so you will not be held guilty for their sin.

Do you want to forgive them? If so, ask God to help change your heart and give you strength to Forgive them:

3. _____

Philippians 4:8: Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Google “Identity verses”. Print them up and read them daily to replace your resentment with God’s word.

Examples: John 1:12: I am a child of God, John 10:27-29: I am secure in Christ, Romans 5:10: I am saved by Jesus life