



## **FORGIVE + FORGET = NO RESENTMENT**

*1 Corinthians 13:5 "Love keeps no record of wrongs."  
(Living Bible Translation) ". . . does not hold grudges."*

### **I. Causes of Resentment**

1. \_\_\_\_\_

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

2. \_\_\_\_\_

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

3. \_\_\_\_\_

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

### **II. The Cure for Resentment**

1. \_\_\_\_\_

*"I can't be quiet. I am angry and bitter. I have to speak." - Job 7:11*

*"Listen to my bitter complaint. Don't condemn me, God!" - Job 10:1*

2. \_\_\_\_\_

*"After Job prayed for his three friends, the Lord makes him prosperous again and gave him twice as much as he had before!" - Job 42:10*

3. \_\_\_\_\_

*"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." - Job 11:13-16*

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