

Common Enemy #2: Resentment
Lynn Haven United Methodist
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Introduction

Have you ever felt like you were treated unfairly? Have you ever applied for a job or position you didn't get? Have you ever trusted someone who let you down? If you answered "yes" to any of those questions, you've probably experienced feelings of resentment. Resentment is dwelling on something that happened in the past which you think you didn't deserve.

It has many causes including disappointments, rejection, and failures. These happen to all of us; the question is, "How will we respond to these painful experiences?"

Discussion

1. What does resentment mean to you and how you have felt it in the past?
2. Read Philippians 3:13b-14. What does Paul say about overcoming resentment in your past?
3. One way to defeat the enemy of resentment is by recognizing God's Presence. Read Genesis 39:2,3,23 and Genesis 45:5b. How did Joseph defeat resentment?
4. Another way to overcome resentment is by reaching out to others. Review Genesis chapters 39-41; Genesis 45:11; Genesis 45:15; and Genesis 47:11. Discuss the ways Joseph refused to become bitter and the ways he looked to serve others.
5. Think about a time in your life or someone else's where a simple act of kindness prevented feelings of resentment.
6. Read Genesis 50:20. How could you use the painful events in your life to help and serve others?

Conclusion

What resentment or painful experience do you need to release into God's care by claiming His presence and asking for His healing? Take time now in prayer to release those feelings to God.