

DON'T HOLD ON TO HURT

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July 17, 2022

LIVING IN A CULTURE OF ANGER & BITTERNESS

"Everyone has turned from God and is going the wrong direction. Nobody is living right. People tell lies about others that stink like an open grave. They verbally attack each other with poisonous words like the venom of a deadly snake. Their speech is filled with vicious curses and bitter resentment, and they are quick to react violently with anyone who disagrees. So, wherever they go, they leave division and misery because they've never learned how to live in peace."
Romans 3:12-17

James to believers: "(In worship), we praise our Lord and Father but then (in the world) we curse the people that God himself created in his image! Out of the same mouth comes blessing and bitterness! Brothers and sisters, this is not right! There is no way that SWEET water and BITTER water can flow out of the same spring!"
James 3:9-10

WHY SHOULD I NEVER HOLD ON TO A HURT? (THE COST OF BITTERNESS)

1. ANYTIME I HARBOR A HURT, _____
"If you are angry, you cannot do ANY of the good things that God wants done!" James 1:20 (CEV)
"Human anger does not achieve God's righteous purpose."
James 1:20 (TEV)
2. ANYTIME I RETAIN RESENTMENT, _____
"Some men stay happy until the day they die . . . others have no happiness at all; because they live and die with bitter hearts."
Job 21:23-25 (TEV)
3. ANYTIME I BREATHE BITTERNESS, _____
"A stone is heavy and sand is weighty, but the resentment caused by a fool is heavier than both."
Prov. 27:3 (NLT)
"You are only hurting yourself with your anger."
Job 18:4 (TEV)
4. ANYTIME I INTERNALIZE ANGER, _____
"To worry yourself to death with resentment is a foolish, senseless thing to do."
Job 5:2 (TEV)
"All they get are days full of sadness and sorrow, and they end up sick, defeated, and angry."
Eccl. 5:17 (NCV)
5. ANYTIME I HOLD A GRUDGE, _____

"Look after each other so that you keep living in God's grace, being gracious to each other. See that no root of bitterness grows up among you, because if you become bitter about anything, you'll miss God's grace, and that will cause much trouble. A bitter person will poison and ruin everyone else."
Heb. 12:15

6. ANYTIME I WON'T LET IT GO, _____
"Angry people without God pile grievance upon grievance, always blaming others for their troubles."
Job 36:13 (Mes)
"The godless are full of resentment."
Job 36:13 (NLT)
7. ANYTIME I WON'T FORGIVE, _____
Jesus: "If you refuse to forgive others, your Father will not forgive your sins."
Matt. 6:15 (NLT)

HOW DO YOU LET GO OF A HURT?

1. _____
"Whenever you pray, if you have anything against anyone, forgive him and let it drop – just leave it and let it go, in order that your Father in heaven may also forgive you for YOUR failings and shortcomings and let them drop."
Mark 11:25 (Amp)
"What is needed everywhere is for people to lift their holy hands in prayer instead of having angry disputes and resentment."
1 Tim. 2:8
". . . Never avenge yourselves. Leave that to God, for he has said that HE will repay those who deserve it!"
Rom. 12:19 (LB)
2. _____
"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
Eph. 4:32 (NIV)
"God says, 'My gracious favor is all you need. My power works best in your weakness.'
2 Cor. 12:9 (NLT)
"EVERYTHING you say should be kind and well thought out so that you know how to answer everyone."
Col. 4:6 (GW)
3. _____
"Those who belong to Christ Jesus have nailed their sinful attitudes and desires to his cross and crucified them there. So now, since the Holy Spirit has given us a new life and power, let us follow His leading in every part of our lives. Let us not be pridefully stubborn, or irritate each other, or be jealous of each other."
Gal. 5:24-25