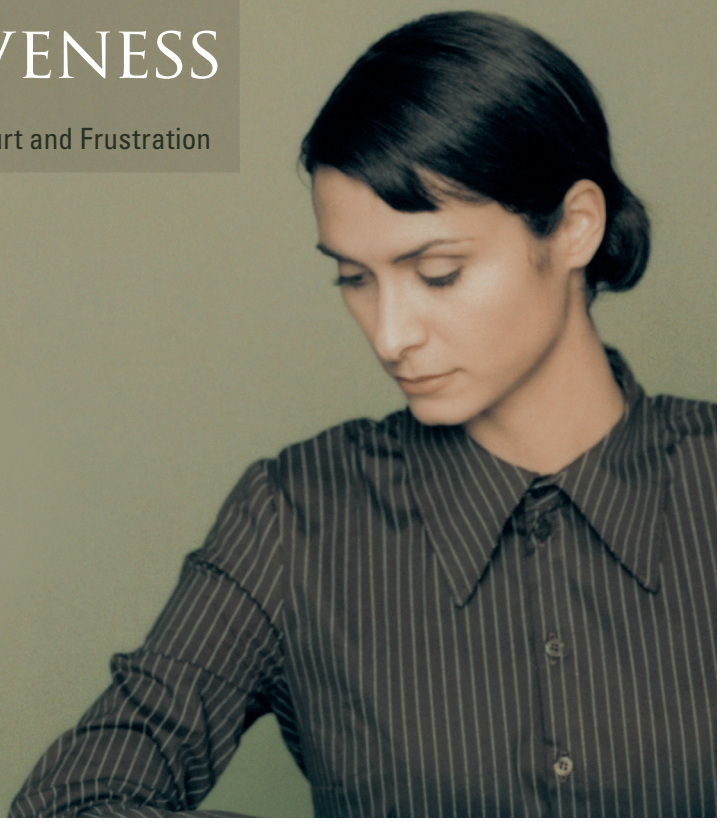
JOYCE MEYER
MINISTRIES®

Bitterness, Resentment, & Unforgiveness

Giving Up the Bondage of Hurt and Frustration



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BITTERNESS, RESENTMENT AND UNFORGIVENESS

Seven Reasons Why You Need To Forgive

I. Seven Reasons Why You Need To Forgive

A. What is forgiveness?

1. Forgiveness (defined/Webster's) – To excuse a fault, PARDON, to absolve from payment.

2. (defined/Vine's) – To send away, forgive a debt, completely cancel; remission of punishment due. To bestow a favor unconditionally; to let loose, release, or let go.

   Let it drop; leave it – **drop it!**

B. For/Give

1. **For** – Used to indicate the purpose of an activity

   Example: This car is **for** sale.

2. **Give** – To make a present of, to convey an offer; **to donate**; to provide free of charge.

   Example: Making a donation, an offering

A. Obedience – God said to.

1. Obedience equals power (**Philippians 2:7-10**).

B. Faith won't work if you don't.

1. **Mark 11:22-26**

2. Examples – both forgave quickly:

   a. Joseph (**Genesis 50:15-21**)

   b. Kathryn Kuhlman

3. **II Timothy 4:16** – Paul was deserted at his first trial.

4. Elaborate on all the **grudges, resentments, and bad attitudes.** (These attitudes come out of your mouth when you mention that person!) We harbor things against one another.

C. Spiritual filthiness or dirt on the **inner** man

1. We are **washed** in the Word (inner man/not body) . . . **washed** in the blood.

2. **Proverbs 18:14** – *The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?*

3. Avoid weights on your spirit.

   DON'T PLAY IN THE DIRT!

D. Causes **TORTURE** in your own life.

1. **Matthew 18:33-35**

2. Depression, lack of joy, heaviness, not happy, something isn't right. You **ARE POISONED**.

3. **Proverbs 14:30** – We eat the fruit of our words and thoughts.

E. Blocks your "personal relationship" with God and ability to enjoy His presence – prayer is hindered.

1. God can't forgive you.

2. **Matthew 6:14-15**

3. **Matthew 5:23-24** – Hinders worship

4. **Mark 11:26**

5. **Sowing seed** – First, God forgives us; now we have seed to sow. If we sow it, we will continually reap a harvest.

6. **Isaiah 55:10** – God will give seed to the sower and bread to the eater.

F. Can't love with unforgiveness (**I Peter 4:8** and **Colossians 3:13-14**).

1. Can ruin current and future relationships

2. Love and unforgiveness are totally opposite.

G. You open a big door for the devil.

1. **II Corinthians 2:10-11**

2. **Ephesians 4:26-27**

3. **Foothold** – A base of operation that allows the enemy to advance to a stronghold.

4. One author said, "**Most** of the ground that Satan gains in lives of Christians is due to unforgiveness."

5. **I Peter 5:6-9** – Resist the devil at his onset.

III. The Process (Ephesians: Chapter 4 – Warning)

A. Offense, anger, bitterness, resentment, and full-blown unforgiveness

B. FORGIVE quickly – Why? So the rest of the process cannot develop.

C. Offense (defined/Webster's) – Affront; cause anger (or irritation); be disagreeable, crude, or cause displeasure.

1. **Proverbs 17:9** – *He who covers and forgives an offense seeks love…*

2. **Offense i**s the **forerunner** to full-blown unforgiveness

3. **Acts 24:16** – Be sure your conscience is void of offense toward God.

4. **Matthew 18:35** – Forgive your brother his offenses from your heart.

5. I was offended because my friends stopped coming to my meetings. God showed me it was the source of some mental torment. (I could not get them off my mind.) Avoid offense.

6. **Matthew 17:27** – Jesus pays taxes. **He did something He didn't have to do in order to not give offense**.

7. **Romans: Chapter 14** – **You are free,** but don't offend your brother for the sake of love.

8. **Ecclesiastes 10:4** – Don't offend the ruler (your authority) by getting out of your place.

9. **Offense**

   a. *Skandalon* (defined/Vine's) – Originally the name of the part of a trap to which the bait is attached.

   b. Offenses are the devil's trap to draw you into bitterness, resentment, and finally full-blown unforgiveness, which then cause all seven of the problems we talked about in this teaching.

PERSONAL NOTES

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Are You Holding A Grudge, Or Is The Grudge Holding You?

I. Are You Holding A Grudge, Or Is The Grudge Holding You?

A. Grudge equals offense.

1. Offense (*skandalon*) – Originally the part of the trap to which the bait was attached.

2. The offense or the bait is intended to draw you into bitterness, resentment, and full-blown unforgiveness or hatred.

3. Little foxes spoil the vine.

B. Offenses

1. **Acts 24:16** – Be sure your conscience is void of offense toward God.

2. **Ephesians 4:30** – Don't offend the Holy Spirit.

3. **Matthew 18:35** – Forgive your brother his offenses from your heart.

4. **Proverbs 17:9** – He who **covers** an offense seeks love.

C. **Covering Offenses**

1. Forget it and keep quiet about it.

2. Take care of whatever problem it caused and do it as an offering to God.

3. Example: A married couple

One neat and one messy (cover or expose)

4. **I Peter 4:8** – . . . *love* ***covers*** *a multitude of sins* . . .

5. Twofold responsibility

   a. Number one – Don't take offense.

   b. Number two – Don't offend others.

6. Noah and his sons (**Genesis 9:20-27**)

   Why were two blessed and one cursed?

D. **Matthew 17:27** – Jesus pays taxes to keep from offending people.

E. **Ecclesiastes 10:4** – How to keep offense from becoming greater.

II. Bitterness/Resentment

A. **Bitterness** – Having a taste that is sharp and unpleasant; causing sharp physical or mental pain; **HARSH**.

1. Caused by severe anguish, grief, or disappointment

2. (defined/Vine's) – To cut; pointed, sharp; pungent to taste or smell.

3. **Hebrews 12:15** – Look out for bitterness in each other so no one ends up tormented.

4. Bitter root causes bitter fruit.

5. **Colossians 3:19** – This bitter and resentful attitude can be between people who really love each other.

6. **James 3:14 -16** – Bitter jealousy: If you have it, you also have confusion, unrest, and disharmony.

7. **Ephesians 4:30-32** – Do not grieve the Holy Spirit. He wants to bless you.

B. Mercy triumphs over judgment.

1. **Matthew 12:7**

2. **Psalm 37:26**

3. **Matthew 18:33**

4. Mercy gives blessing when punishment is deserved!

C. **Resentment** – Indignation or ill will felt as a result of real or **imagined** offenses.

1. **Indignation** – To regard as unworthy; anger aroused by something "**unjust**" (NOT RIGHT).

2. **Imagined** – Has the same effect as real

3. Love isn't touchy.

4. Don't be easily offended.

5. Sensitive nature?

III. Progressive Effects Of Bitterness And Resentment

A. Building walls: Offense = Brick
Bitterness/
Resentment = Mortar

1. Right walls – Protection/salvation

a. I will be a wall of protection about you (**Isaiah 26:1** and **Isaiah 49:15-16**).

b. **Isaiah 60:18** – Your walls shall be called Salvation and your gates Praise.

2. Wrong walls

   a. To hide behind

   b. Keep people out

   c. Self-defense/protection
      (**Romans 8:36-37** and **I Peter 2:23**)

   d. Walls of perfection – "I didn't do anything wrong."

   e. **Ezekiel 13:10-15** – If you build flimsy walls and white-wash them, they will come down and you with them.

   f. **Psalm 18:29** – **By my God** I can run through a troop and leap over a wall.

   g. **Hebrews 11:30** – By faith the walls came down.

PERSONAL NOTES

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How To Forgive And Forget

I. Who Do You Need To Forgive?

A. Others

1. From long ago

2. On a daily basis

3. Why? – Faith won't work; tortured if you don't; in obedience to God; blocks fellowship; prevents spiritual growth; is spiritual filthiness.

B. Yourself

1. Abuse, abortion, prostitution, homosexuality, adultery, premarital affairs, and crime

"For Disappointing God"

2. **<u>Isaiah 55:1</u>** – Only receive, price is self-surrender

3. Can't buy freedom or forgiveness with:

a. Works of righteousness

b. Guilt

c. Refusal to enjoy life

d. Self-punishment or self-rejection

4. Release yourself from prison.

a. **<u>Isaiah 61:1</u>**

1) Jesus opens prisons.

2) Jesus opens eyes.

3) You decide to come out.

b. Decide to accept what God wants to give you through Christ.

5. Receive

a. **Acts 26:18** – **Receive** forgiveness.

b. **John 1:12** – To as many as **received** Him, He gave power.

c. **I Timothy 4:4** – Everything God created is good and is to be **received** with thanks.

d. **James 1:21** – **Receive** the Word which has the power to change you.

e. Have you **received** the Holy Spirit?

C. God

1. Disappointments – Too many cause bitterness and cause people to blame God

2. Some think they heard God say something that He didn't say and blame Him because it didn't happen.

3. Some do things other people say without a "Rhema word" and get discouraged because they don't see results.

4. Believe God is good. He loves you. He is just. He is fair.

Why, God, Why? – Let it go!

D. Are you mad at God?

1. Husband died

2. No children

3. Miscarriage

4. No raise, no promotion

5. Example:

I had cancer – temptation came.

"I've served God all these years! I've worked and prayed, etc."

II. Forgive And Forget – Rule Number One: Drop It!

A. Forget (defined/Webster's) – Unable to remember, neglect, fail to mention, banish from thoughts, lack concern for [**I Peter 5:6-7**]. Stop remembering.

1. Does forget mean you **can't** remember or you choose not to?

2. (Synonym) – Disregard, pay no attention, ignore, or overlook

3. (JM definition) – Don't remember, think about, meditate on, or talk about without specific divine purpose. For example: prayer, counsel, or teaching

a. **Philippians 3:13** – Most important key

b. **Hebrews 11:15** – Looking back gives constant opportunity to return to the same hurt.

c. **NOW** faith is.

Hebrews 4:7 – Today, if you won't harden your heart

d. **Isaiah 43:18-19** – See what God is doing **NOW!**

B. The results of looking back

1. Stirs emotions

2. Picking scab off a wound

3. Pouring salt in a sore

4. Rehearsing and memorizing offenses makes it easier to respond wrongly without even thinking.

5. Too much thinking gets you in trouble.

   a. Examples:

      1) Lonely person or marriage partner left – **Think, think, think** they are having fun; I'm miserable. **STOP**. Get up, go out, and go on. Stop tormenting yourself.

      2) Expecting promotion; friend got it. **Think, think, think** and get mad at:

         Friend
         Boss
         God
         Yourself (for failing)

III. Steps To Forgiving And Forgetting – Decide

A. Quality decision – To forgive and make forgiveness a lifestyle

   1. Can't truly make a decision until you realize everything you will need to go through.

B. Some people need to be forgiven again and again.

   1. Personality offends you or habits grate on you

   2. Planted permanently in your life

   3. Peter and John – Personality conflict

      <u>Matthew: Chapter 18</u> and **<u>John: Chapter 21</u>**

C. Many one-time offenses – Traffic, toe stepped on, pushed in line, said wrong thing, etc.

D. Takes a decision

IV. Depend

A. **John 20:23** – Received power of Holy Spirit before instruction to forgive

B. **Matthew 18:22** – Forgive even up to seventy times seven.

1. **Luke 17:5** – Lord, increase our faith.

2. **Zechariah 4:6** – Not by might . . .

3. **John 15:5** – Apart from Me . . .

V. Understand Your Emotions And The Process Of Forgiveness.

A. Feelings are not you.

1. **Emotions** (to move out) – Psychological changes that prepare you for action.

They move – you remain steadfast.

B. God heals your emotions as you "having done **all,** stand." (**Ephesians 6:13**).

VI. Pray For Your Enemies (Luke 6:27-28).

A. Bless and do not curse them (**Matthew 5:44**).

1. Pray for their happiness, truth revealed, repentance, and salvation.

2. They are often **deceived** and "know not what they do."

Deceived – Right is wrong; wrong is right.

3. Bless – Speak well of.

   Curse – Speak evil of.

4. **Proverbs 17:9** – Don't harp on it or keep repeating it.

5. Love covers.

B. How you **TALK** about those who hurt you affects **YOU** most of all (**I Peter 3:9-10**).

1. I'll only tell my best friend, spouse – in secret, of course!

   a. **Ecclesiastes 10:20** – A bird of the air or a winged creature will tell it.

   b. **Luke 12:3** – Whatever is said in secret, will be shouted from the housetops.

   c. **Matthew 10:26** – Nothing hidden that won't be revealed

C. Who will you have the most opportunities with?

1. People you love the most, hurt you deepest.

2. Those in authority over you

   a. **Ecclesiastes 10:4** – When the temper of the ruler rises up

   b. **Exodus 22:28** – Don't revile judges (God's representatives).

3. Rebellion (spirit of antichrist) is at work in the world today.

VII. Ending Comments

A. Two wrongs don't make a right.

B. Getting even brings you to the same **low level** as the offender.

C. Overcome evil with good.

PERSONAL NOTES

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Paying And Collecting Debts

I. God Is Your Vindicator, Recompense, Compensation, And Reward.

This is part of your inheritance (**Romans 12:19** and **Hebrews 10:30-31**).

A. Definitions:

1. Vindicate – Clear of blame, accusation, your defense, justify – exact retribution.

2. Vindictive – One inclined to get revenge.

3. Recompense – Award, compensation, to make amends, **to pay back.**

4. Rewarder – To watch over, to return something lost, **to satisfy.**

5. Compensation – To make up to you for a loss sustained; counterbalance.

B. There are two ways to get what is due you. Are you a laborer or an inheritor? Self-reliant or totally leaning?

1. **I Peter 2:23**

2. **I Peter 3:9** – Two wrongs do not ever make a right.

   Overcome evil with good (**Romans 12:21**).

C. **Recompense** – Compensation, what makes up to you for what you lost; your **reward**.

1. **Isaiah 61:7** – He gives you a reward, but not if you are trying to collect the debt.

2. **Hebrews 11:6** – God is the rewarder of those who diligently seek Him.

D. Forgive the debt.

1. **Matthew 6:9-12** – The Lord's Prayer

   Forgive us our debts, as we forgive our debtors.

2. **Matthew 18:21-35** – **HE COULD NOT PAY**.

   Insisting on collecting a debt from someone who cannot pay brings everyone into bondage (prison).

3. How could my abuser pay me back?

   Adultery – How can one partner pay another back?

4. The pain of sin is so deep that the only answer is FORGIVENESS.

5. Attempting to collect debts or pay them is a never-ending project. **It actually keeps the offense stirred up**.

E. **Are you paying or collecting debts?**

1. **Collecting** – You owe me, and this is what I'll do to you to even the score.

   a. Silence, gossip, talebearing, walls; reminding them of the way they hurt you

   b. Collecting from people who remind you of your offender. For example: men, women, authority figures, and certain personality types

   c. **Restoration – Forgiveness does not always mean restoration of the relationship.**

   d. In order to receive your gift of forgiveness, they must be repentant.

   e. **John 20:23**; **Matthew 6:12** and **Matthew: Chapter 18**

OUR JOB as His ambassador is to forgive.

2. Hurt people seek compensation for injustices done, and they desire to place blame.

   a. A woman not loved by her father may seek "payment" from her husband.

   b. Scapegoat

      John 1:29 and **Leviticus 16:21-22**

3. Are you paying debts?

   a. Have you hurt someone, and you are trying to pay him or her back?

   b. Pay God back?

4. Release them through words.

   a. "I forgive you."

   b. "You don't owe me anything."

   c. **Hebrews 10:30-31**

   d. **Romans 12:19**

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