

RESISTING YOUR RESENTMENT – 1 Cor. 13:1-7

Series: *RESILIENCE IN THE LIFE OF A BELIEVER*

²³ Pretty words may hide a wicked heart, just as a pretty glaze covers a common clay pot.

²⁴ A man with hate in his heart may sound pleasant enough, but don't believe him; for he is cursing you in his heart. ²⁵ Though he pretends to be so kind, ²⁶ his hatred will finally come to light for all to see. **Proverbs 26:23-26 (TLB)**

- **RESENTMENT**: the feeling of displeasure or indignation at some act, remark, person, etc., regarded as causing injury or insult.

1. THE EXAMINATION OF RESENTMENT

- You will not find the word, “*resentment*,” in the concordance of your Bible. It is a more contemporary term but the idea is nothing new.

⁴ Love suffers long *and* is kind; love does not envy; love does not parade itself, is not puffed up; ⁵ does not behave rudely, does not seek its own, is not provoked, thinks no evil; **1 Corinthians 13:4-5 (NKJV)**

- *logizomai* – Greek – Thinks: to calculate or to reckon, it is a bookkeeping term; keep a ledger

⁸ Blessed is the man to whom the LORD shall not impute sin.”
Romans 4:8 (NKJV)

⁵ It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. **1 Corinthians 13:5 (NIV)**

2. AN EXAMPLE OF RESENTMENT

⁵ “Now you yourself know what Joab son of Zeruiah did to me--what he did to the two commanders of Israel's armies, Abner son of Ner and Amasa son of Jether. He killed them, shedding their blood in peacetime as if in battle, and with that blood stained the belt around his waist and the sandals on his feet. ⁶ Deal with him according to your wisdom, but do not let his gray head go down to the grave in peace. **1 Kings 2:5-6 (NIV)**

¹⁵ See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled;
Hebrews 12:15 (ESV)

2. THE EXPENSE OF RESENTMENT

- “*Resentment is like swallowing poison and waiting for the other person to die.*”

²³ {Like} a clay pot covered with cheap silver, {so} is smooth talk that covers up an evil heart. ²⁴ Whoever is filled with hate disguises it with his speech, but inside he holds on to deceit. ²⁵ When he talks charmingly, do not trust him because of the seven disgusting things in his heart. ²⁶ His hatred is deceitfully hidden, but his wickedness will be revealed to the community. **Proverbs 26:23-26 (GW)**

3. FIVE STEPS TO RESISTING RESENTMENT

A. Think It Through

B. Write It Down

C. Work It Out

D. Talk It Over

¹⁵ See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many. **Hebrews 12:15 (NIV)**

E. Give It Up

¹⁴ For if you forgive men when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive men their sins, your Father will not forgive your sins. **Matthew 6:14-15 (NIV)**

³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. **Ephesians 4:32 (NIV)**

²³ And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. **1 John 3:23 (NIV)**