



How Can Resentment Lead To Death?

Ephesians 4:31: (Phillips) *Let there be no more resentment, no more anger or temper, no more violent self-assertiveness, no more slander and no more malicious remarks...*



Resentment. How dangerous is it? What kind of damage can it cause? Is there a way to prevent resentment within us? On this program, we will look at a potentially lethal evil that can cause great harm inwardly and toward others. Resentment is an emotion that has the power to enslave us to the past. When we resent people, we give them power over us. Resentment is based on a way of thinking that suggests, I have been wronged or deserve better. It comes from an entitlement or victim-type mentality and it leads to bitterness. How do we avoid this sinful state? How can resentment lead to death? Just wait and see!

Merriam Webster:

resentment: noun

a feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury

Synonyms: Offense, grudge, score. You were offended, you are holding a grudge or you have a score to settle.

There are many related emotions that can *cause* or *lead* to resentment:



We are going to look at examples of Bible characters who dealt with these negative feelings to see *if* they fell into this awful trap of resentment or rose above it. To add to our lesson on how to fight these emotions, we will connect to each word a stanza from the poem, *Gaining Victory Over Self*.

See CQ Rewind Bonus Material for the poem in its entirety.



This poem highlights a high standard of character development. It could be discouraging if we try to achieve the victory ourselves, but we are reminded in Philippians 4:13: (KJV) *I can do all things through him who strengthens me.* If our efforts are totally committed, he will make up the difference.

Our first example is the decision made by Ananias and Sapphira, who were part of a communal living arrangement common at that time:

SELFISHNESS!

Acts 5:1-10: (NIV) *¹Now a man named Ananias, together with his wife Sapphira, also sold a piece of property. ²With his wife's full knowledge he kept back part of the money for himself, but brought the rest and put it at the apostles' feet. ³Then Peter said, Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land. ⁴...You have not lied just to human beings but to God. ⁵When Ananias heard this, he fell down and died... ⁷About three hours later his wife came in, not knowing what had happened. ⁸Peter asked her, tell me, is this the price you and Ananias got for the land? Yes, she said, that is the price. ⁹Peter said to her, how could you conspire to test the Spirit of the Lord? Listen! The feet of the men who buried your husband are at the door, and they will carry you out also. ¹⁰At that moment she fell down at his feet and died.*

They did not *have* to give all, but they said they did. Did Ananias and Sapphira's selfishness lead to an attitude of resentment? Were they *possibly* thinking these thoughts: "They want all our money? That's not fair! (selfishness) Let's keep some back and not tell them." (resentment)

How dangerous is selfishness? It leads to resentment, which did, in this case, lead to death. What does this look like for us? Selfishness that leads to resentment *could* lead to the death of our "new creature," the spiritually-focused nature developing within us.

As we talk more about resentment, we will see that we need to work on the warning signs (selfishness, pride, jealousy, etc.) before they lead to resentment. We cannot harbor those emotions and let them get worse.

The Scribes and Pharisees selfishly wanted to hold onto their position of respect and control, and they felt Jesus was interfering with their plans:

John 11:47-50,53: (NASB) *⁴⁷Therefore the chief priests and the Pharisees convened a council, and were saying, what are we doing? For this man is performing many signs. ⁴⁸If we let him go on like this, all men will believe in him ("and not us" - selfishness), and the Romans will come and take away both our place (again, selfishness) and our nation. ⁴⁹But one of them, Caiaphas, who was high priest that year, said to them, You know nothing at all, ⁵⁰nor do you take into account that it is expedient for you that one man die for the people, and that the whole nation not perish. ... ⁵³So from that day on they planned together to kill him.*

Their desire for a higher stature (selfishness) led to resentment. They had Jesus put to death - another example of how resentment can lead to death and murder.

How sad the heart can get to this state!



(Source: Bible commentary by C.T. Russell) We have known cases, however, where Christians in the interests of peace and harmony yielded their rights - and properly enough where no principle was involved - but who, nevertheless, held a kind of grudge against those to whom they had yielded, feeling that somehow or other they had been defrauded of their rights. This is wrong, and indicates that the sacrifice was not fully made. Under such circumstances the Lord's dear followers would do well to make haste to cast out of their minds anything akin to resentment and the feeling that they had been deprived of their just rights, and, instead, to take into their hearts that they had fully, freely, absolutely given up the matter in the interests of peace and it was dead, buried forever, with no resentment toward any one, but, on the contrary, with the feeling of joy and rejoicing that this matter had been sacrificed to the Lord.

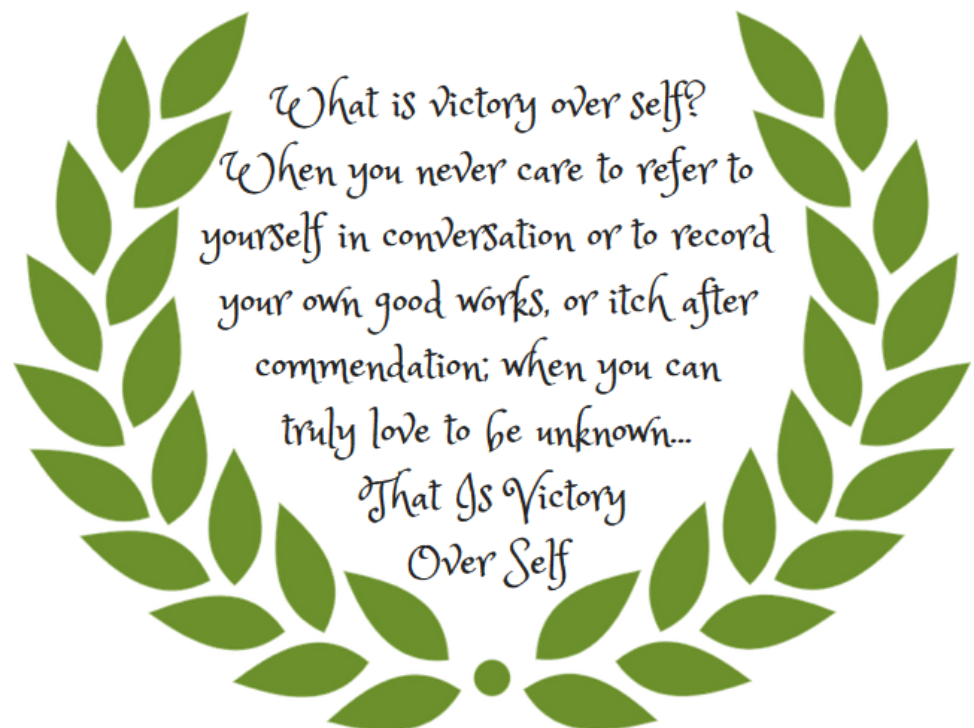
That reminds us of Ananias and Sapphira. It seems like the only reason they lied was to look good and receive praise without fully giving up the sacrifice. We should remove feelings of the rights we think we are entitled to and be selfless. We should not hold a *grudge*. As Russell states, the sacrifice was not fully made because of a selfish heart and attitude. If we don't get rid of anything akin to resentment and if we allow this to happen in our heart, *it is almost like idolatry!* Why? Because we are replacing God in our heart with the resentment instead. Selfishness leads to resentment.

So, how do we become selfless?

We need to look at Jesus as our perfect pattern and focus on the needs of others:

Philippians 2:3,4: (NASB) ³*Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴do not merely look out for your own personal interests, but also for the interests of others.*

James 2:15-16: (NASB) ¹⁵*If a brother or sister is without clothing and in need of daily food, ¹⁶and one of you says to them, Go in peace, be warmed and be filled, and yet you do not give them what is necessary for their body, what use is that?*





What do perfume, money and anger have to do with resentment?

ANGER!

Judas showed anger when Jesus rebuked him for accusing Mary of wasting the costly perfume to anoint Jesus before his death:

John 12:1-8: (NASB) *Six days before the Passover... ³Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume. ⁴But one of his disciples, Judas Iscariot, who was later to betray him, objected (he was angry), ⁵why wasn't this perfume sold and the money given to the poor? (Here it shows Judas' anger, which turned to ridicule of Mary) It was worth a year's wages. ⁶He did not say this because he cared about the poor but because he was a thief (this is where selfishness leads to anger); as keeper of the moneybag, he used to help himself to what was put into it. ⁷Leave her alone, Jesus replied. (Jesus defended Mary in front of everyone, which led Judas to resentment.) It was intended that she should save this perfume for the day of my burial. ⁸You will always have the poor among you, but you will not always have me.*

It is interesting that Judas was getting angry, which we know turned to resentment, but Jesus is angry at *the situation*. It was well-placed anger because he was defending Mary. Judas was looking out for his own purse.

(Source: Biblical commentary by C.T. Russell) It was under the impulse of resentment that he first sought the priests and the scribes to negotiate for the betrayal of Jesus. (Matthew 26:24) Such treachery, such willingness to hand over his friend and teacher, the one he accepted as Messiah and through whom he expected the Messianic kingdom. This was deceit of the worst type. Remember Judas had the use of the holy Spirit of power to cast out demons/heal the sick in Jesus' name.

This was deceit of the worst type!

Matthew 26:15,16: (NIV) ¹⁵and asked, *What are you willing to give me if I deliver him over to you? So they counted out for him thirty pieces of silver. ¹⁶From then on Judas watched for an opportunity to hand him over.*

Judas' nurtured anger turned to resentment and triggered Jesus' death! Then, Satan "entered" Judas - it was resentment that led to Judas's suicide; he resented himself for what he did to Jesus. We need to weed out resentment so it does not destroy us. Remember, we need to weed out the smaller things, like selfishness and anger, before they turn into resentment.



A caller from Connecticut suggests: She is a widow and has resentment when it comes to people not appreciating what they have. An example would be a married couple that would rather spend a weekend or vacation away from their spouse and family to be with their friends. It is a lack of appreciation for what they have that makes her feel angry.

Life today can be very selfish. People are so focused on what they want and what makes them feel good, they miss what they have in their lives. We look forward to God's kingdom when it will be a perfect world and people will be appreciative of what they have.

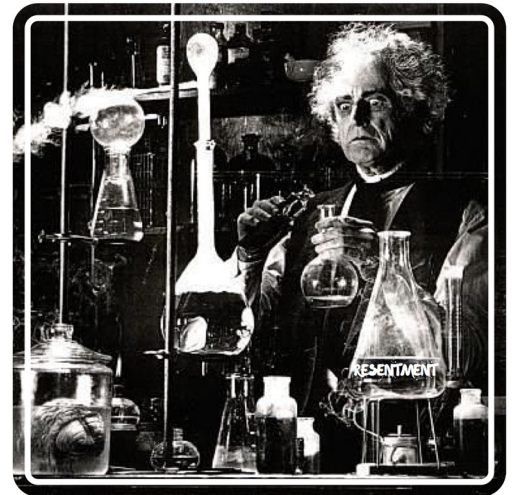


Matthew 27:3-5: (NASB) ³Then when Judas, who had betrayed him, saw that he had been condemned, he felt remorse and returned the thirty pieces of silver to the chief priests and elders, ⁴saying, I have sinned by betraying innocent blood. But they said, what is that to us? See to that yourself! ⁵And he threw the pieces of silver into the temple sanctuary and departed; and he went away and hanged himself. (Judas' anger and resentment poisoned him.)

Bitter poison, In Touch Devotion, Youtube

- Picture a miserable, depressed and emotionally-broken person hunched over a chemistry set. His eyes are narrow, his lips are pursed, his fingers are methodically adding just a pinch of this and a dash of that to the acrid greed fluid in the test tube before him. His thoughts are a hodgepodge of outdated images. His heart a stale mosaic of hatred for a grievance long past. He's thinking of the one who hurt him, and he's busy concocting a poison for the offender.

It sounds like an excerpt from an old movie doesn't it? However, here is where the scene changes direction. Envision that same obsessed scientist breathing a sigh of relief as he straightens up, marveling at the liquid vengeance he's created. Then he utters, "This will show him," and drinks the poison himself. That's a surprising twist, one that we would not expect in a movie. Yet, there's a good chance you've done this very thing one time or another. You see, bitterness is a toxin that we prepare for someone else but then drink ourselves. It's a concentrated dose of emotional poison, often one that we carefully nurture and grow over the course of years. When we react to someone's wrongdoing by withdrawing and giving free range to daydreams of retribution and ill will, we're slowly poisoning our own hearts and minds.



We can create damage in our own hearts, minds and bodies. When we nurture anger and selfishness it turns into a concentrated dose of emotional poison!

What made the Jews show anger and stone Stephen?

Acts 7:54-58: (NASB) ⁵⁴Now when they heard this, they were cut to the quick, and they began gnashing their teeth at him. (What anger!) ⁵⁵But being full of the Holy Spirit... ⁵⁶and he said, Behold, I see the heavens opened up and the Son of Man standing at the right hand of God. ⁵⁷But they cried out with a loud voice, and covered their ears and rushed at him with one impulse. ⁵⁸When they had driven him out of the city, they began stoning him; and the witnesses laid aside their robes at the feet of a young man named Saul.

The anger of the Jews led to resentment which led to the death of Stephen. But Stephen was *not* resentful for what they did to him.

His reaction just before he died:

Acts 7:60: (KJV) Lord, lay not this sin to their charge.

How do we put away anger before it builds to resentment?

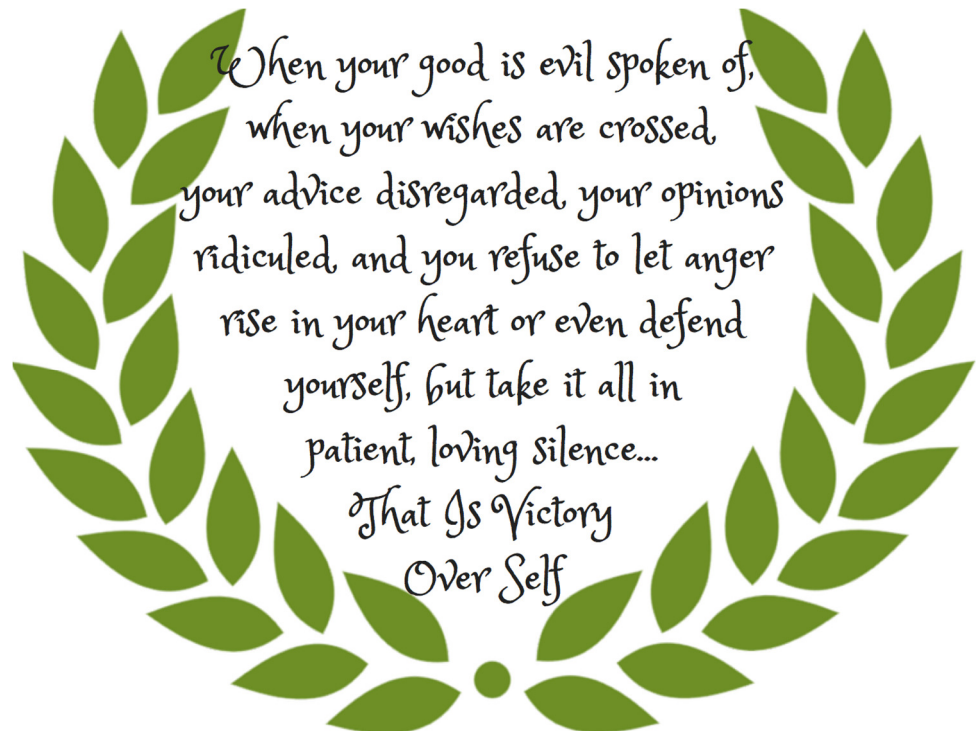
James 1:19: (NASB) This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger.



This reminds us of young siblings. When one gets hurt or they fight, five minutes later, all is forgiven and forgotten. This is especially true when we are young and is probably one of the reasons why the Lord says we have to *be as little children*.



Anger and an unforgiving attitude can be troubling and poisonous to not only yourself but to the person you are angry with. When we have been hurt or insulted, we become susceptible to anger, and anger leads to resentment and bitterness. When bitterness is a firmly-established condition of the heart, it is more difficult to get rid of. If you have anger, resentment and bitterness in your heart, you cannot have God in your heart. Resentment for the Christian *could* lead to the death of our new creature.



Mary and Stephen were wonderful examples of this! Jesus is the image of this entire poem. He took it all in patient, loving silence.

What could possibly cause the Israelites to be resentful after God miraculously delivered them from Egypt?

DISCONTENT!

Moses - Pharaoh's army is coming down on the Israelites after they left Egypt. Israel is crying out to Moses, "Did you bring us here to die?"

Exodus 14:10-12: (NASB) ¹⁰As Pharaoh drew near, the sons of Israel looked, and behold, the Egyptians were marching after them, and they became very frightened; so the sons of Israel cried out to the Lord. ¹¹Then they said to Moses, Is it because there were no graves in Egypt



that you have taken us away to die in the wilderness? Why have you dealt with us in this way, bringing us out of Egypt? ¹²Is this not the word that we spoke to you in Egypt, saying, Leave us alone that we may serve the Egyptians? For it would have been better for us to serve the Egyptians than to die in the wilderness.

After all the miracles they just witnessed with being saved from the Ten Plagues, they would rather stay in slavery in Egypt! The Israelites' discontent led to resentment of Moses and not trusting in God. Submission is a big part of being a Christian, and if we cannot submit to God's will for us and submit to our circumstances, we will have a greater struggle.

This is not the only case where the Israelites were discontented...

About one month after leaving Egypt, the Israelites were discontented without water:

Exodus 15:22-24: (NASB) ²²*Then Moses led Israel from the Red Sea, and they went out into the wilderness of Shur; and they went three days in the wilderness and found no water.*

²³*When they came to Marah, they could not drink the waters of Marah, for they were bitter; therefore it was named Marah. ²⁴So the people grumbled at Moses, saying, what shall we drink?*

They were discontented without food:

Exodus 16:2-3: (NASB) ²*The whole congregation of the sons of Israel grumbled against Moses and Aaron in the wilderness. ³The sons of Israel said to them, Would that we had died by the Lord's hand in the land of Egypt, when we sat by the pots of meat, when we ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger.*

They went on and on about how they had plenty in the land of Egypt, forgetting they had been slaves. Later God provided manna from heaven but they grumbled that they did not have meat. He then provided quail, but they were still discontented.



Our caller reminded us it is our own experiences that can open our eyes to being contented. You do not know what you have until it is gone.

Well, the Israelites' resentment continues and grows!

The Israelites were so discontented that they wanted to build a golden calf to worship.

Discontentment led to resentment and *almost* led to their death:

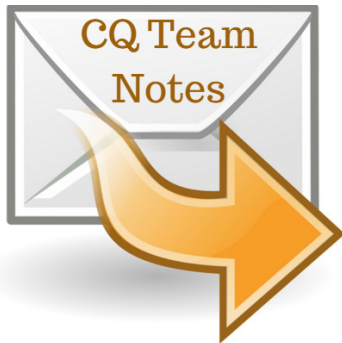
Exodus 32:9,10,14: (NASB) ⁹*The Lord said to Moses, I have seen this people, and behold, they are an obstinate people. ¹⁰Now then let Me alone, that My anger may burn against them (God's righteous anger) that I may destroy them; and I will make of you a great nation... ¹⁴So the Lord changed His mind about the harm, which He said He would do to His people. (Moses pleaded for them and God changed His mind.)*

Discontentment is a problem of perception. It comes from a difference between the way we think things are, or seem to be, and the way we think they should be or expect them to be. That is what makes us discontented.

Romans 8:28: (KJV) *All things work together for good to those who are called according to His purpose.*



Let's look at a current practical example of how discontent could lead to resentment.



Becca says: To prevent resentment from taking hold on us, it is important to remember verses such as Matthew 5:7: *Blessed are the merciful for they will be shown mercy.* It is important for us to be reminded on a daily basis that we are all sinners, and God has been SO good to us and forgiven us so many times for all the many things we do wrong and we must pass that forgiveness and mercy along to those around us who have done us wrong.

My dad was an alcoholic, and when I was old enough to understand how his drinking affected my life and my siblings' life, I became very angry and resentful. Towards the end of his life, we were barely on speaking terms. I just couldn't understand why he wouldn't stop drinking and wake up and be the father that my siblings and I needed after my mom died. I spent a lot of time resenting him and harboring anger. It took years after his death to finally forgive him, and by then it was too late. I wish I had acted differently in my relationship with him, even though what he was doing to himself was wrong and had negative affects on my family, holding onto the bitterness and anger didn't help him and it didn't help me either.

In the kingdom, Becca's dad will learn of her forgiveness and love for him, and it will help heal him.

Now, an example of the *opposite* of being discontented - Abram showed trust instead of discontent when he left his homeland and followed God's direction:

Genesis 12:1-3: (NASB) *¹Now the Lord said to Abram, Go forth from your country, and from your relatives and from your father's house, to the land which I will show you; ²And I will make you a great nation, and I will bless you, and make your name great; And so you shall be a blessing; ³And I will bless those who bless you, and the one who curses you I will curse. And in you all the families of the earth will be blessed.*

Abram didn't need any miracles to move on. He trusted God and was content wherever God would lead him. God prepares us for what we need.



Here is true contentment:

Philippians 4:12: (NASB) *I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.*

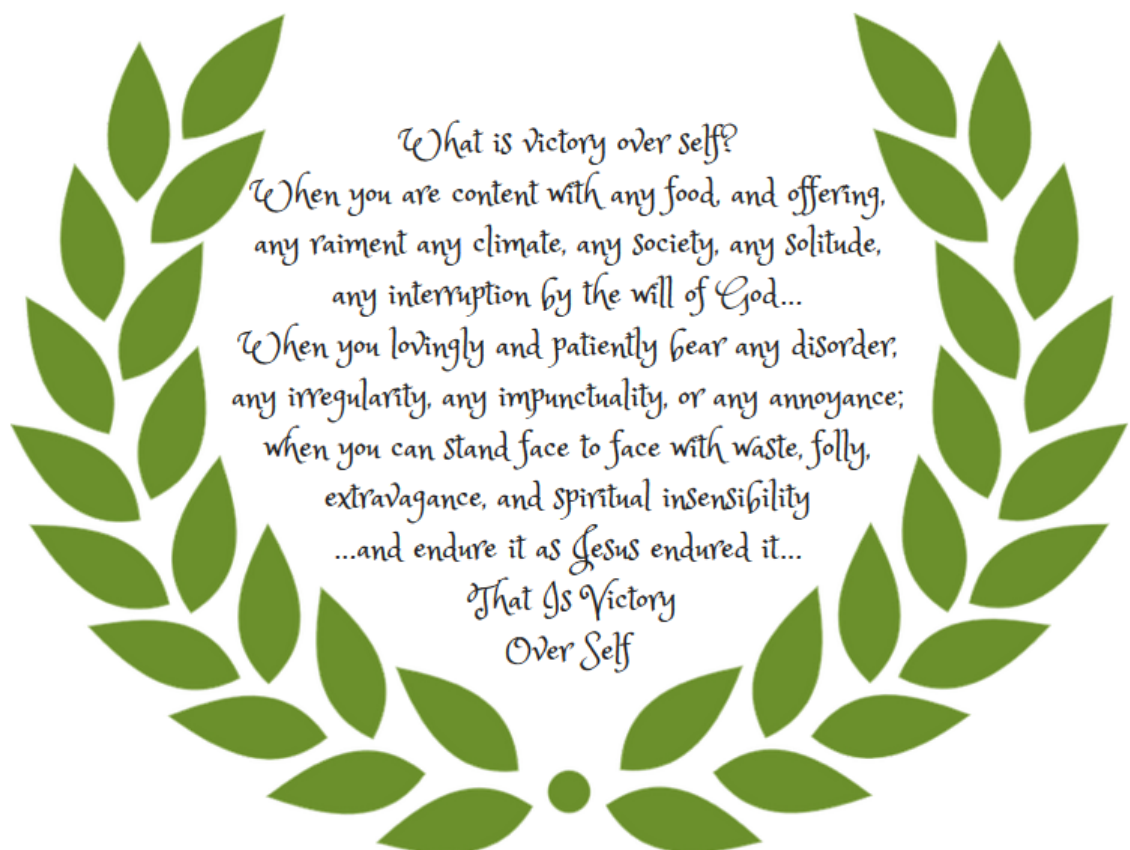
If we leave it all in God's hands and know that all things work together for good, then we will *not* be discontented.



Jonathan says: When my oldest sister, Jan, died in a car accident, it was quite a shock when we got the phone call. Being a young follower of Christ, that experience *could* have made me discontented. I was being tested, and I had a choice. I could have gone down this road of, "Why did God allow this to happen to my family and how will we cope?" Resentment *could* have been the outcome. OR, I could leave it all in God's hands and know that all things work together for good and draw closer to Him. Thank God the Lord helped me choose the latter and to be an example of His love and His plan for all my family and their friends. The peace the Lord gave me through this difficult experience was amazing! My mother called me the rock of the family, and by God's grace I did the things no one else could do because of their grief. I sang the hymn, "I Love Thy Will, O God," in the car on the way to the hospital. The strength was from God, not from my own strength.



We should be content with all the Lord allows in our lives; if not, discontentment can lead to resentment.





"Forgiveness," (Verse one) Matthew West

It's the hardest thing to give away
And the last thing on your mind today
It always goes to those that don't deserve
It's the opposite of how you feel
When the pain they caused is just too real
It takes everything you have just to say the word
Forgiveness
Forgiveness
It flies in the face of all your pride
It moves away the mad inside
It's always anger's own worst enemy
Even when the jury and the judge
Say you got a right to hold a grudge
It's the whisper in your ear saying 'Set It Free'
Forgiveness, Forgiveness
Forgiveness, Forgiveness
Show me how to love the unlovable
Show me how to reach the unreachable
Help me now to do the impossible
Forgiveness, Forgiveness
Help me now to do the impossible
Forgiveness

PRIDE!

The Scribes and Pharisees were prideful and that led to resentment.

This parable spoken by Jesus described the attitude of the Pharisees versus the Publicans:

Luke 18:9-14: (NASB) ⁹And he also told this parable to some people who trusted in themselves that they were righteous, and viewed others with contempt: ¹⁰Two men went up into the temple to pray, one a Pharisee and the other a tax collector. ¹¹The Pharisee stood and was praying this to himself: God, I thank You that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. ¹²I fast twice a week; I pay tithes of all that I get. ¹³But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, God, be merciful to me, the sinner! ¹⁴I tell you, this man went to his house justified rather than the other, for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.



The parable really hits home on the prideful attitude of the Pharisees but also shows the beauty of humility. We need to be careful not to fall into the same trap.



Jesus rebukes the Scribes and Pharisees for their prideful behavior:

Matthew 23:13-14: (NASB) ¹³But woe to you, scribes and Pharisees, hypocrites, because you shut off the kingdom of heaven from people; for you do not enter in yourselves, nor do you allow those who are entering to go in. ¹⁴Woe to you, scribes and Pharisees, hypocrites, because you devour widows' houses, and for a pretense you make long prayers; therefore you will receive greater condemnation.

Pride leads to resentment, which led to the death of Jesus.

Nebuchadnezzar was another great example of how pride, this time, led to humility instead of resentment:

Daniel 4:28-32: (NASB) ²⁸All this happened to Nebuchadnezzar the king. ²⁹Twelve months later he was walking on the roof of the royal palace of Babylon. ³⁰The king reflected and said, Is this not Babylon the great, which I myself have built as a royal residence by the might of my power and for the glory of my majesty? ³¹While the word was in the king's mouth, a voice came from heaven, saying, King Nebuchadnezzar, to you it is declared: sovereignty has been removed from you, ³²and you will be driven away from mankind, and your dwelling place will be with the beasts of the field. You will be given grass to eat like cattle, and seven periods of time will pass over you until you recognize that the Most High is ruler over the realm of mankind and bestows it on whomever He wishes.



"Nebuchadnezzar,"
by William Blake
copper plate –
c. 1795
Tate Britain, London

King Nebuchadnezzar saw God working through Daniel and the three Hebrews. He witnessed Daniel's faith. He even exalted and praised God after seeing their experiences. So, what happened? He still allowed pride to overcome him. Rulers (like Christian leaders!) especially need to be careful about pride.

After seven years as a beast, Nebuchadnezzar's reason returned. Did he show resentment? No!

Daniel 4:36-37: (NASB) ³⁶At the same time that my sanity was restored... ³⁷Now I, Nebuchadnezzar, praise and exalt and glorify the King of heaven, because everything he does is right and all his ways are just. And those who walk in pride he is able to humble.



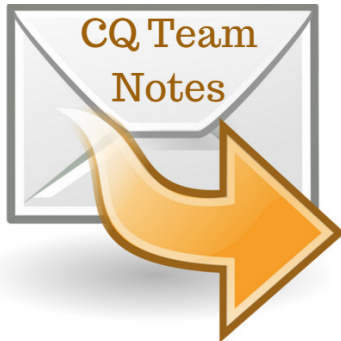
A caller from Connecticut suggests: **Romans 15:1-2:** We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. Let every one of us please his neighbour for his good to edification. When it is a matter of preference, it is a challenge for married couples to live up to that guideline of yielding to the other when principle is not involved.

Matthew 18:1-3: At that time the disciples came to Jesus and asked, Who, then, is the greatest in the kingdom of heaven? He called a little child to him, and placed the child among them. And he said: Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. I like the reference to childlikeness to fight off resentment.



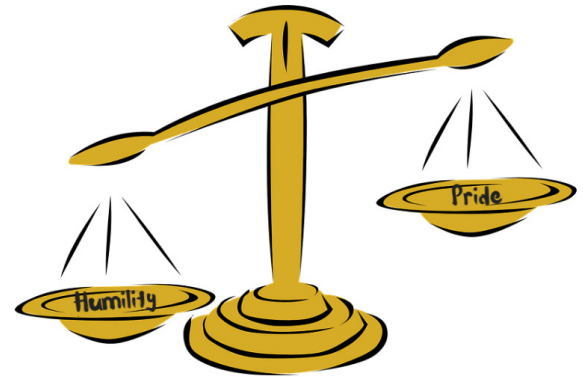
One of our greatest enemies is self-pity, which connects to this program's analysis on selfishness. May God help us to fight these propensities which eventually lead to tragedy and death.

1 Peter 5:5: (NASB) *Likewise, you who are younger be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for God opposes the proud but gives grace to the humble.*

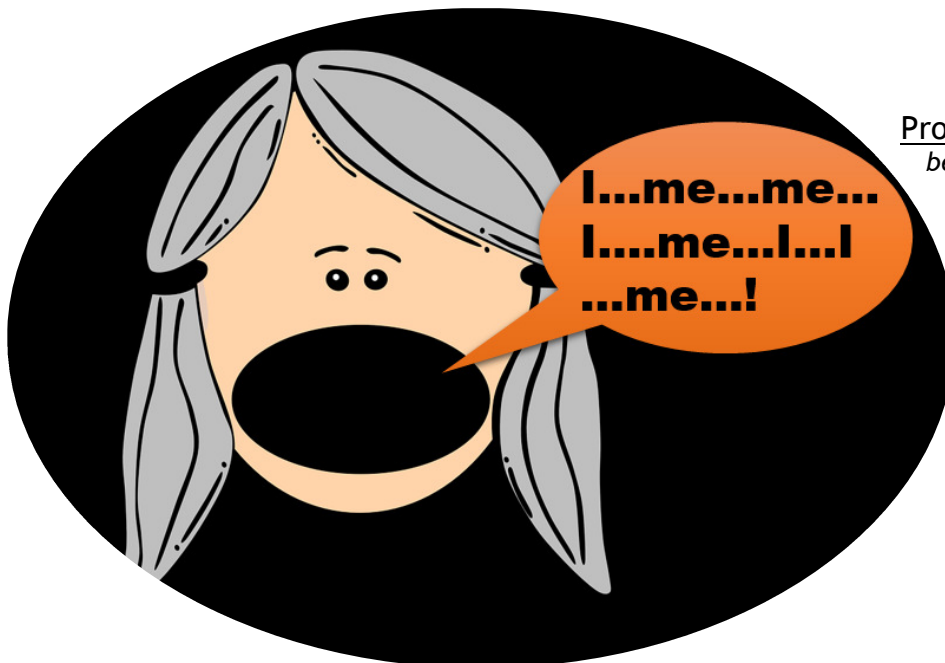


Doug and Julie say: But HOW do we clothe ourselves in humility? It is a physical act to put on a garment - it is not part of our natural skin. We make the decision to clothe ourselves. The word "clothe" here goes beyond just placing a coat on our shoulders. It means, "to bind or fasten by the tying of knots," so that garment is secured and becomes a part of us. We want to make it a practice never to be without it - to always have it on in every action of life - in public or private.

These days we hear a lot about keeping our lives "in balance" like managing stress through balancing our home life and our work life. But picture a scale with PRIDE on one side and HUMILITY on the other. Discipline and practice will remove the weight of pride and add weight to the side of humility. In this case, we do *not* want balance; we want humility to vastly outweigh pride. We can't be prideful and humble at the same time.



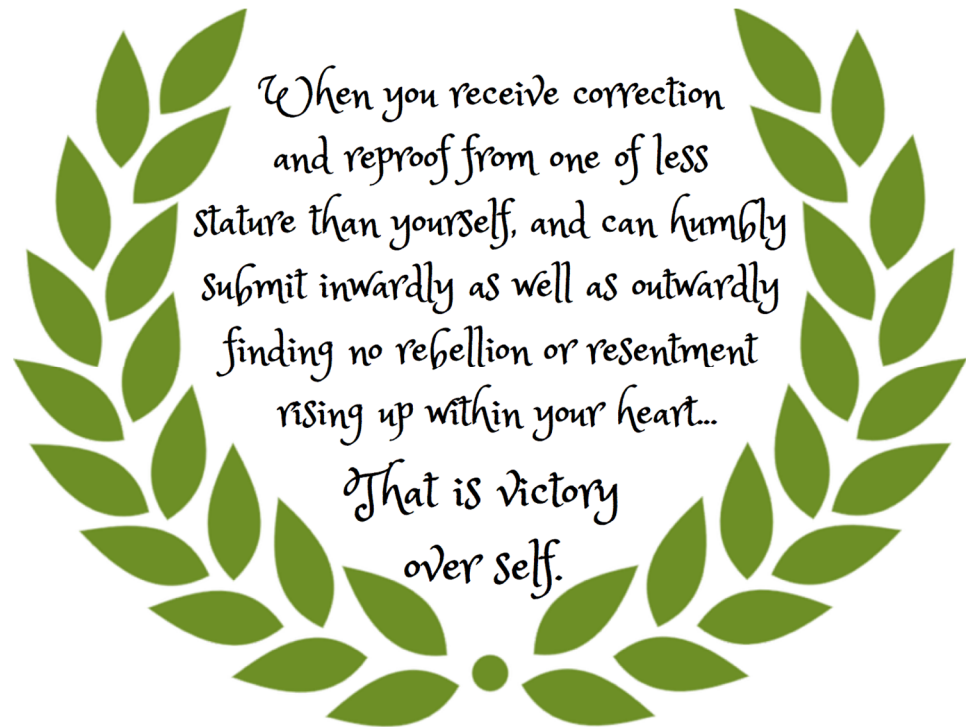
It is only through discipline and practice we can do this! Ideally, we would like there to be no pride at all.



Proverbs 16:18: (NASB) *Pride goes before destruction, and a haughty spirit before a fall.*

Pride is destructive and can lead to death. Humility is the solution to overcome pride.

Count how many times in a day you say, "I."



King Nebuchadnezzar finally understood, and we pray the Lord will give US the experiences we need to understand. We cannot allow this pride to enter into our hearts. Rise above it and stop it before it can turn into resentment. Humility is the antidote to keep us in check!

**"The jealous are troublesome to others, but a torment to themselves."
How did jealousy torment brothers in the Bible?**

JEALOUSY!

Remember the story of Cain and Abel? Why did Cain kill his brother?

Genesis 4:3-8: (NASB) ³So it came about in the course of time that Cain brought an offering to the Lord of the fruit of the ground. ⁴Abel, on his part also brought of the firstlings of his flock and of their fat portions. And the Lord had regard for Abel and for his offering; ⁵but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell. ⁶Then the Lord said to Cain, Why are you angry? And why has your countenance fallen? ⁷If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it. ⁸Cain told Abel his brother. And it came about when they were in the field, that Cain rose up against Abel his brother and killed him.

God could see this anger and jealousy building up in Cain and Cain still had time to choose. God warned him to master this emotion before something went wrong. Humility involves listening and the ability to take direction.



Observations about why Cain killed his brother:

- God did not accept his sacrifice.
- God did accept his brother Abel's offering.
- Jealousy turned to resentment.

What could Cain have done instead?

- He could have asked the LORD, "What WILL You accept?"
- He could have asked Abel for an animal to sacrifice.
- He could have humbly and lovingly congratulated his brother and profited by the knowledge gained.

Our next example of jealousy leading to resentment is Joseph's brothers:



Genesis 37:1-4,11,18,19: (NASB) ¹Now Jacob lived in the land where his father had sojourned, in the land of Canaan. ²These are the records of the generations of Jacob. Joseph, when seventeen years of age, was pasturing the flock with his brothers while he was still a youth... ³Now Israel loved Joseph more than all his sons, because he was the son of his old age; and he made him a coat of many colors. ⁴His brothers saw that their father loved him more than all his brothers; and so they hated him and could not speak to him on friendly terms... ¹¹His brothers were jealous of him... ¹⁸When they saw him from a distance and before he came close to them, they plotted against him to put him to death. ¹⁹They said to one another, here comes this dreamer!

Their jealousy turned into resentment and they plotted to kill him. Evil can bring us to resentment. The brothers' resentment here could have led to the death of Joseph, but God intervened. This turned out to be a beautiful story of forgiveness. Just think - if anyone had a right to be resentful in his life, it was Joseph! But he was NOT resentful as He always trusted in God. Joseph said to his brothers in the end, Genesis 50:20: ...you meant it for harm but God meant it for good.



Why can't we look at our circumstances and realize our experiences are for our eternal good - even if our flesh does not like it?

Song of Solomon 8:6: (KJV) Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave:

1 Samuel 18:6-7,9: (NASB) ⁶It happened as they were coming, when David returned from killing the Philistine, that the women came out of all the cities of Israel, singing and dancing, to meet King Saul, with tambourines, with joy and with musical instruments. ⁷The women sang as they played, and said, Saul has slain his thousands, And David his ten thousands. ⁹Saul looked at David with suspicion from that day on.

What an example of jealousy leading to resentment. In this case, it led to repeated attempted murder! On the flip side, Saul's son Jonathan was the rightful heir to the throne, but when God gave it to David, Jonathan supported, defended and loved him. Jonathan did this without any resentment.



Eagle and the weasel, *A Powerful Story of Forgiveness*, Joshua Feuerste

- *One of my favorite stories is out of a National Geographic photographer who was taking pictures of this big, beautiful bald eagle as it was circling around a canyon looking for prey. Finally, it finds it and swoops down into the canyon and grabs it from the brush and begins to ascend back up into the clouds, but he noticed that the higher and higher it got as he's snapping pictures - all of a sudden it begins to struggle and then it falls out of the sky, spiraling down to the canyon floor below, and it ends up there dead. He's wondering what was it that could have killed this eagle, "I didn't hear a gunshot." He runs down into the canyon and he flips the eagle over only to find the piece of prey that he had picked up was actually a weasel. And that weasel, as the eagle had clutched it close to its chest had begun to eat away its chest cavity until finally it literally ate its heart right out of its chest. Why didn't that eagle just let go? And yet maybe sometimes some of us do the same things. We hold on to things that have hurt us in the past and we hold on until finally it eats away at us and rips our heart right out of our chest - when we would have been better to just forgive, let God, and let go.*

Like the eagle, the problem with resentment is that it eats away on the inside of us, and we have to be the one to let it go. If the eagle had let go of the weasel, he would not have been destroyed.



We need to let jealousy, anger, resentment and bitterness go!

"Bitterness does more harm to the vessel in which it is stored... than the vessel on which it is poured." — **Unknown**

Our theme Scripture:

Ephesians 4:31: (Phillips) *Let there be no more resentment, no more anger or temper, no more violent self-assertiveness, no more slander and no more malicious remarks...*

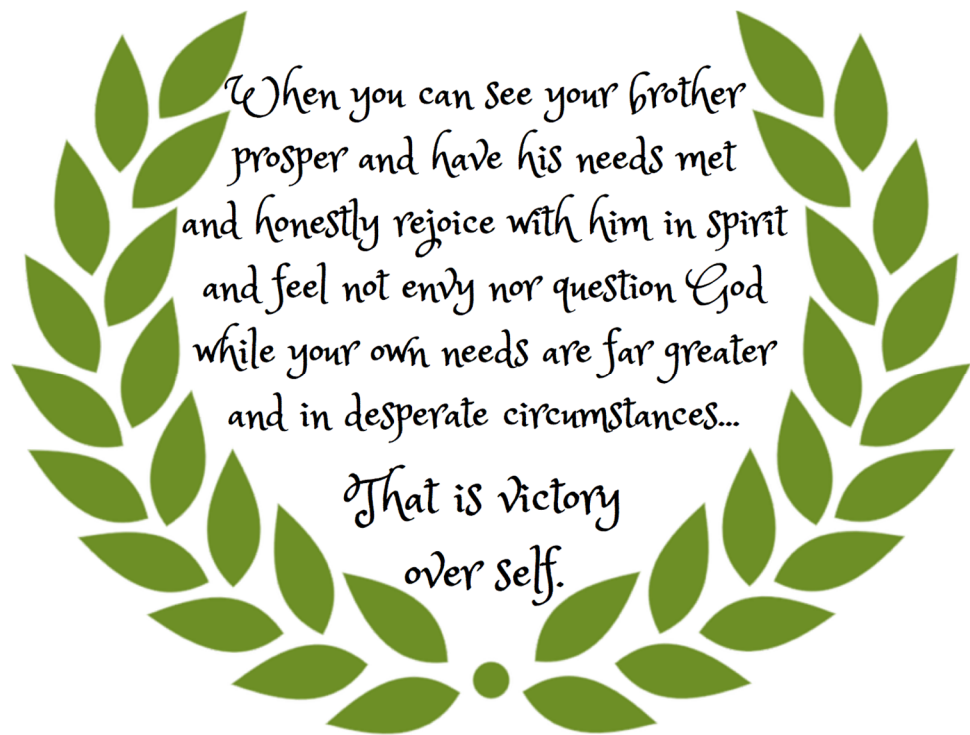
Apostle Paul tells us to not allow these things to damage each other or us. They have no place in the Christian walk.

How do we avoid jealousy?

James 1:14-15: (Rotherham) ¹⁴*But, each one, is tempted, when, by his own coveting, he is drawn out and enticed,* ¹⁵*Then, the coveting, having conceived, giveth birth to sin, and, the sin, when full-grown, bringeth forth death.* ¹⁶*Be not deceived, my brethren beloved:* ¹⁷*Every good giving, and every perfect gift, is, from above, coming down from the Father of lights...*

We need to remember that God is in control and overruling every aspect of our lives. Every experience we have is from the Heavenly Father so we can develop a sympathetic love and care for the human family. He knows what we need before we do, so we must be careful not to look at and desire what others have, what they do or how they serve. We all have different abilities and experiences to help us grow. Instead of being jealous, we should enter into the joy of others.

Romans 12:5: (KJV) *Rejoice with those who rejoice and weep with those who weep.*



If Jesus said to you, "Oh, thou of little faith" - How would you feel?

HUMILIATION!

Peter is our first example of someone who was humiliated but *did not* let it lead to resentment.



How did Peter feel when Jesus rebuked him in front of others?

Matthew 14:26-31: (NASB) ²⁶When the disciples saw him walking on the sea, they were terrified, and said, It is a ghost! And they cried out in fear. ²⁷But immediately Jesus spoke to them, saying, take courage, it is I; do not be afraid. ²⁸Peter said to him, Lord, if it is you, command me to come to you on the water. ²⁹And he said, Come! And Peter got out of the boat, and walked on the water and came toward Jesus. ³⁰But seeing the wind, he became frightened, and beginning to sink, he cried out, Lord, save me! ³¹Immediately Jesus stretched out his hand and took hold of him, and said to him, **you of little faith, why did you doubt.**

Peter *could* have said, "But I walked on water! I didn't doubt!" But we know his character accepted the words of Jesus and he did not take it negatively. Just like Peter, we also need to keep our focus on Jesus.



Next, Peter was told by Jesus, "Put away thy sword."
Peter must have been thinking, "But you told us to bring them!"

Again we see the ability Peter had to accept Jesus' command:

Luke 22:38,48-51: (NASB) ³⁸They said, Lord, look, here are two swords. And he said to them, It is enough... ⁴⁸But Jesus said to him, Judas, are you betraying the Son of Man with a kiss? ⁴⁹When those who were around him saw what was going to happen, they said, Lord, shall we strike with the sword? ⁵⁰And one of them struck the slave of the high priest and cut off his right ear. ⁵¹But Jesus answered and said, Stop! No more of this. And he touched his ear and healed him.

Peter had the humility to listen.

Unfortunately, Peter denied Jesus three times:

Matthew 22:54-62: (NASB) ⁵⁴...they led him away and brought him to the house of the high priest; but Peter was following at a distance...Peter was sitting among them. ⁵⁶And a servant-girl, seeing him as he sat in the firelight and looking intently at him, said, this man was with Him, too. ⁵⁷But he denied it, saying, Woman, I do not know him. ⁵⁸A little later, another saw him and said, you are one of them too! But Peter said, Man, I am not! ⁵⁹After about an hour had passed, another man began to insist, saying, Certainly this man also was with him, for he is a Galilean too. ⁶⁰But Peter said, Man, I do not know what you are talking about. Immediately, while he was still speaking, a rooster crowed. ⁶¹The Lord turned and looked at Peter. And Peter remembered the word of the Lord, how he had told him, before a rooster crows today, you will deny me three times. ⁶²And he went out and wept bitterly.

How humiliated Peter could have felt since he announced to the disciples and Jesus, just the night before, that he would not deny the Lord and he would go into death with him. Peter still did not let humiliation get to his heart. We want our lives and hearts to be like Peter's and bounce back when we fall and make mistakes.

John 21:15-17: (NASB) ¹⁵So when they had finished breakfast, Jesus said to Simon Peter, Simon, son of John, do you love me more than these? He said to him, Yes, Lord; you know that I love you. He said to him, tend my lambs. ¹⁶He said to him again a second time, Simon, son of John, do you love me? He said to him, Yes, Lord; you know that I love you. He said to him, shepherd my sheep. ¹⁷He said to him the third time, Simon, son of John, do you love me? Peter was grieved because he said to him the third time do you love me? And he said to him, Lord, You know all things; you know that I love you. Jesus said to him, tend my sheep.

Notice Jesus counteracted Peter's three denials with three "loves." Peter did not let his failures stop him from receiving Jesus' commission to tend to the flock.

Peter must have felt humiliated when the Apostle Paul confronted him about Peter's hypocrisy:

Galatians 2:11-14: (NASB) ¹¹But when Peter came to Antioch, I opposed him to his face, because he stood condemned. ¹²For prior to the coming of certain men from James, he used to eat with the Gentiles; but when they came, he began to withdraw and hold himself aloof, fearing the party of the circumcision. ¹³The rest of the Jews joined him in hypocrisy; with the result that even Barnabas was carried away by their hypocrisy. ¹⁴But when I saw that they were not straightforward about the truth of the gospel, I said to Peter in the presence of all, If you, being a Jew, live like the Gentiles and not like the Jews, how is it that you compel the Gentiles to live like Jews.

Peter was being hypocritical by separating himself from the Gentiles and going over to the Christians from Jerusalem.



He may have felt humiliated but based on Peter's character, he must have soon realized his mistake and regretted it. Because of Peter's disposition, he accepted his mistakes. He accepted Jesus' forgiveness and soon after took a leadership role for the disciples.



Don't look back at your mistakes and let them hold you back!

We just saw how Peter's humiliation caused him growth. What about when John the Baptist lashed out at the Scribes and Pharisees for coming to be baptized?

Did their humiliation cause them resentment? Yes!

Matthew 3:5-8: (NASB) ⁵Then Jerusalem was going out to him, and all Judea and all the district around the Jordan; ⁶and they were being baptized by him in the Jordan River, as they confessed their sins. ⁷But when he saw many of the Pharisees and Sadducees coming for baptism, he said to them, you brood of vipers, who warned you to flee from the wrath to come? ⁸Therefore bear fruit in keeping with repentance.

John's rejection was confirmed when Jesus spoke to the chief priests and elders at the Temple:

Matthew 21:32: (NASB) For John came to you in the way of righteousness, and you did not believe him; but tax collectors and harlots believed him; and when you saw it, you did not afterward relent and believe him.

They knew John was speaking about them and based on their humiliation, they were resentful and rejected Jesus. Humiliation can lead to resentment, which can lead to death. How can we avoid being like the Scribes and Pharisees and be more like Peter? By following in Jesus' footsteps.

Jesus was despised and rejected of men. As followers of Christ, we must expect the same and not be resentful. When we start to feel humiliated and those little twinges of discomfort, we should try to take it as from God and be more apt to listen and grow from the experience.

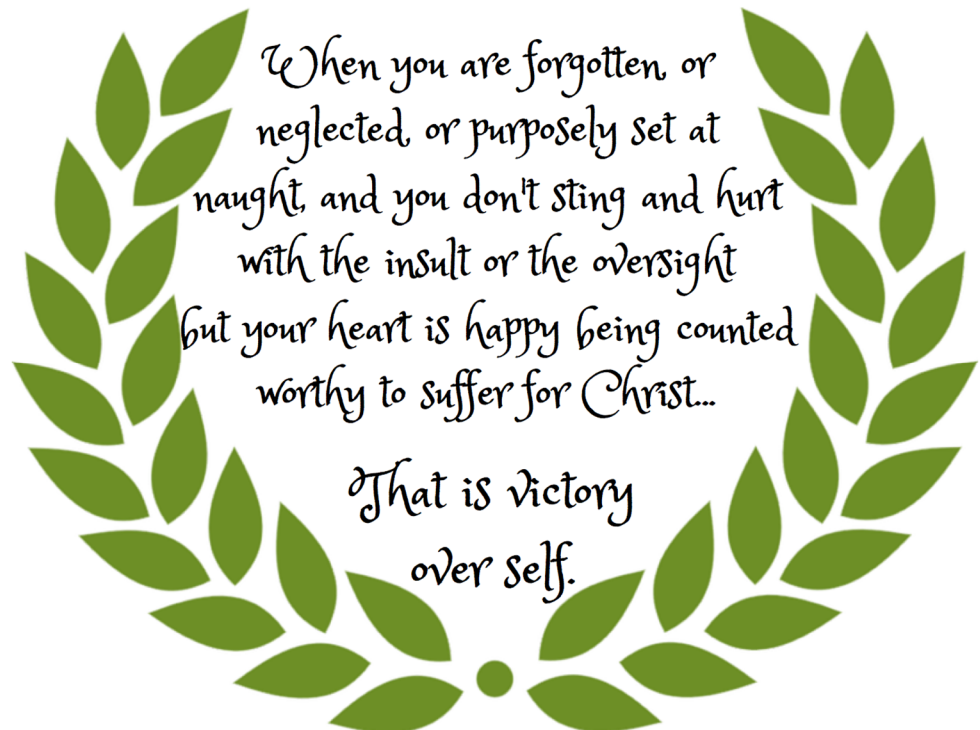


Forgiveness, First Steps to Overcoming Resentment, Debbie Chavez, Squadron of Sisters

- *"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other just as Christ forgave you." And that's the huge key isn't it? Just like you wanted to be forgiven and you're like, "Yeah, that's great! God has forgiven me!" How about we forgive others the same way? Here's the thing, Satan is going to keep on reminding you because he loves to torment, and if he can push your buttons, he's going to push your buttons all day long if you let him. So, he's going to be reminding you of what's happened in the past. Just bringing it up over and over again, and if you bite on that and start to replay that over and over - because we like to do that as women (let's just bring that out and replay it again!) and get all worked up again about that thing, right? But what if you pushed the pause button or the rewind button or how about the eject button and just say, "I am not going to entertain that thought because that is the past and I've already forgiven, and I am going to move forward again." And then Satan's going to come back another day and say remember that, remember that, remember that, and if you entertain that*



thought and welcome it and just bring it up again and just kind of coddle that hurt and open that wound again, you're going to be tormented, resentment is going to start building again and it's going to start affecting all your relationships.



Forgiveness is the answer for how we can prevent resentment in our hearts.



We reviewed six character traits that can lead to resentment:

Any of these things can happen to us at any time. Go immediately to the throne of grace and ask forgiveness. Forgiveness changes our destination! Keep resentment out of our hearts and minds. Forgive!

Forgiveness is a decision to let go of resentment.

Mark 11:25: (NASB) *Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions.*



"Forgiveness," (Verse one) Matthew West

It'll clear the bitterness away
It can even set a prisoner free
There is no end to what its power can do
So, let it go and be amazed
By what you see through eyes of grace
The prisoner that it really frees is you
Forgiveness, Forgiveness
Forgiveness, Forgiveness
Show me how to love the unlovable
Show me how to reach the unreachable
Help me now to do the impossible
Forgiveness
I want to finally set it free
So show me how to see what Your mercy sees
Help me now to give what You gave to me
Forgiveness, Forgiveness

*So, how can resentment lead to death?
For Jonathan and Rick and (and Vicki) and Christian Questions...
Think about it...!*

*And now even more to think about...
only in the **Full Edition** of CQ Rewind!*



(Source: C. T. Russell) Let us apply this lesson each to himself, in regard to the dealings with our brethren in the flesh and with our neighbors. What matters it to us whether they meant us evil or meant us good, have we not God's assurance that all things are working together for good to them that love Him - to the called ones according to his purpose? And this being the case, why should we have the slightest anger or resentment against the persons or instrumentalities in any way used of the Lord in connection with our affairs?

A little more on forgiveness:

Colossians 13:12-13: (NASB) *So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; ¹³ bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.*

1 Peter 3:8-9: (NASB) *To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; ⁹ not returning evil for evil or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing.*

1 John 1:9: (NASB) *If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*

We used various Bible characters as examples in living out "Victory Over Self." Clearly from reading the poem in its entirety it can only apply perfectly to our Lord and Master Jesus, who was a perfect man when he walked this earth. By God's grace we can insert our own characters into this poem and watch for improvement (not perfection) relying on the throne of heavenly grace and Jesus' sacrifice to make up for our failures. See Philippians 2:1-11.

Remember to shoot for the moon; even if we miss we will land among the stars!



Gaining Victory Over Self

(Selfishness)

When you never care to refer to yourself in conversation, or to record your own good works, or itch after commendation, when you can truly love to be unknown...
That is Victory Over Self.

(Anger)

When your good is evil spoken of, when your wishes are crossed, your advice disregarded, your opinions ridiculed, and you refuse to let anger rise in your heart or even defend yourself, but take it all in patient loving silence...
That is Victory Over Self.

(Discontent)

When you are content with any food, and offering, any raiment, any climate, any society, any solitude, any interruption by the will of God. When you lovingly and patiently bear any disorder, any irregularity, any impunctuality, or any annoyance; when you can stand face to face with waste, folly, extravagance, and spiritual insensibility and endure it as Jesus endured it...
That is Victory Over Self.

(Pride)

When you can receive correction and reproof from one of less stature than yourself, and can humbly submit inwardly as well outwardly finding no rebellion or resentment rising up within your heart...
That is Victory Over Self.

(Jealousy)

When you can see your brother prosper and have his needs met and honestly rejoice with him in spirit and feel not envy nor question God while your own needs are far greater and in desperate circumstances...
That is Victory Over Self.

(Humiliation)

When you are forgotten, or neglected, or purposely set at naught, and you don't sting and hurt with the insult or the oversight but your heart is happy being counted worthy to suffer for Christ...
That is Victory Over Self.