

Rhythms: Resentment

The spiritual practice of forgiving others from the heart has a story-altering impact on the way we live our days and the friendship we have with God.

Text – Luke 15

25 “Now his older son was in the field, and as he came and drew near to the house, he heard music and dancing. 26 And he called one of the servants and asked what these things meant. 27 And he said to him, ‘Your brother has come, and your father has killed the fattened calf, because he has received him back safe and sound.’ 28 But he was angry and refused to go in. His father came out and entreated him, 29 but he answered his father, ‘Look, these many years I have served you, and I never disobeyed your command, yet you never gave me a young goat, that I might celebrate with my friends. 30 But when this son of yours came, who has devoured your property with prostitutes, you killed the fattened calf for him!’ 31 And he said to him, ‘Son, you are always with me, and all that is mine is yours. 32 It was fitting to celebrate and be glad, for this your brother was dead, and is alive; he was lost, and is found.’”

Teaching

What is Resentment?

1. Resentment is one of the _____ for us to _____ and _____.
2. Resentment is a _____.
3. Resentment is the _____ way to slowly feel _____ in a relationship.
4. Resentment is the _____ of _____.

How does the Father help the resentful person become a forgiving person?

1. He goes out to the _____, just like he did to the _____.
 2. He _____ to the _____.
 3. He _____ the _____ that they are _____, too.
 4. He shows the _____ that His family can _____ in a different _____.
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Deeper Dive

Jesus teaches that hard hearts simply cannot receive God. There are very few things that harden our hearts more than the resentments we have towards other people.

The clunky and difficult practice of forgiveness is necessary for us to enjoy the spiritual life.

Forgiveness is most often a process not a fixed point. It is not I forgave them. It is, "I forgive you today. By grace I am going to wake up tomorrow and remember something else that bothered me, and I am going to seek to forgive then, too." It is mostly a daily relational battle, not a specific transaction getting labeled, "forgiven".

Reflection & Discussion

- Who do you resent?
- How have they created legitimate hurt in your life? What need did they fail to give or pain did they cause? (speak about this carefully with your group as the person might be known by the others in the group. This is a time to self-reflect and process, not to gossip or harm another person's reputation).
- How can the love of God meet that painful place in your life? How can you have compassion with God for this part of you that was hurt and vulnerable?
- What is the wisest way for you to pray for this person when they come to mind?