

Series: Spring Cleaning

Title: Getting Rid of Resentment



Pastor/ Teacher: Dr. James H. Mason, III

“Surely resentment destroys the fool, and jealousy kills the simple.”

(Job 5:2 NLT)

<https://bible.com/bible/116/job.5.2.NLT>

"To worry yourself to death with resentful would be a senseless foolish thing to do."

(Job 5:2)

What is resentment? Resentment describes a negative emotional reaction to being mistreated. There is no one cause of resentment, but most cases involve an underlying sense of being mistreated or wronged by another person. Experiencing frustration and disappointment is a normal part of life.

If there was ever a person to be resentful, it would have been Job.

Job 1:1–4 (AMP): “THERE WAS a man in the land of Uz whose name was Job; and that man was blameless and upright, and one who [reverently] feared God and abstained from and shunned evil [because it was wrong].

2 And there were born to him seven sons and three daughters.

3 He possessed 7,000 sheep, 3,000 camels, 500 yoke of oxen, 500 female donkeys, and a very great body of servants, so that this man was the greatest of all the men of the East.

4 His sons used to go (in turn) and feast in the house of each one on his day, and they would send word and invite their three sisters to eat and drink with them.”

Job 1:13–20 (AMP): “And there was a day when [Job’s] sons and his daughters were eating and drinking wine in their eldest brother’s house [on his birthday],

14 And there came a messenger to Job and said, The oxen were plowing and the donkeys feeding beside them,

15 And the Sabeans swooped down upon them and took away [the animals]. Indeed, they have slain the servants with the edge of the sword, and I alone have escaped to tell you.

16 While he was yet speaking, there came also another and said, The fire of God (lightning) has fallen from the heavens and has burned up the sheep and the servants and consumed them, and I alone have escaped to tell you.

17 While he was yet speaking, there came also another and said, The Chaldeans divided into three bands and made a raid upon the camels and have taken them away, yes, and have slain the servants with the edge of the sword, and I alone have escaped to tell you.

18 While he was yet speaking, there came also another and said, Your sons and your daughters were eating and drinking wine in their eldest brother's house,

19 And behold, there came a great [whirlwind] from the desert, and smote the four corners of the house, and it fell upon the young people and they are dead, and I alone have escaped to tell you.

20 Then Job arose and rent his robe and shaved his head and fell down upon the ground and worshiped.”

I. _____

“One day when the angels came to report to God, Satan, who was the Designated Accuser, came along with them. God singled out Satan and said, “What have you been up to?” Satan answered God, “Going here and there, checking things out on earth.” God said to Satan, “Have you noticed my friend Job? There’s no one quite like him—honest and true to his word, totally devoted to God and hating evil.” Satan retorted, “So do you think Job does all that out of the sheer goodness of his heart? Why, no one ever had it so good! You pamper him like a pet, make sure nothing bad ever happens to him or his family or his possessions, bless everything he does—he can’t lose! “But what do you think would happen if you reached down and took away everything that is his? He’d curse you right to your face, that’s what.” God replied, “We’ll see. Go ahead—do what

you want with all that is his. Just don't hurt him.” Then Satan left the presence of God.”

Job 1:6-12 MSG

<https://bible.com/bible/97/job.1.6-12.MSG>

“And we know [with great confidence] that God [who is deeply concerned about us] causes all things to work together [as a plan] for good for those who love God, to those who are called according to His plan and purpose.”

(Romans 8:28 AMP)

<https://bible.com/bible/1588/rom.8.28.AMP>

II. _____

“Naked I came from my mother’s womb, naked I’ll return to the womb of the earth. God gives, God takes. God’s name be ever blessed. Not once through all this did Job sin; not once did he blame God.”

(Job 1:21-22 MSG)

<https://bible.com/bible/97/job.1.21-22.MSG>

“Now it happened after this that the Moabites and the Ammonites, together with some of the Meunites, came to make war against Jehoshaphat. Then it was reported to Jehoshaphat, “A great multitude has come against you from beyond the [Dead] Sea, out of Aram (Syria); and behold, they are in Hazazon-tamar (that is, Engedi).” Then Jehoshaphat was afraid and set himself [determinedly, as his vital need] to seek the

Lord; and he proclaimed a fast throughout all Judah. So [the people of] Judah gathered together to seek help from the Lord; indeed they came from all the cities of Judah to seek the Lord [longing for Him with all their heart]. Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the Lord in front of the new courtyard, and said, “O Lord, God of our fathers, are You not God in heaven? And do You not rule over all the kingdoms of the nations? Power and might are in Your hand, there is no one able to take a stand against You. O our God, did You not drive out the inhabitants of this land before Your people Israel and give it forever to the descendants of Your friend Abraham? They have lived in it, and have built You a sanctuary in it for Your Name, saying, ‘If evil comes on us, or the sword of judgment, or plague, or famine, we will stand before this house and before You (for Your Name and Your Presence is in this house) and we will cry out to You in our distress, and You will hear and save us.’ Now behold, the sons of Ammon and Moab and Mount Seir, whom You would not allow Israel to invade when they came from the land of Egypt (for they turned away from them and did not destroy them), here they are, rewarding us by coming to drive us out of Your possession which You have given us as an inheritance. O our God, will You not judge them? For we are powerless against this great multitude which is coming against us. We do not know what to do, but our eyes are on You.” So all Judah stood before the Lord, with their infants, their wives, and their children. Then in the midst of the assembly the Spirit of the Lord came upon Jahaziel the son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, a Levite of the sons of Asaph. He said, “Listen carefully, all [you people of] Judah, and you inhabitants of

Jerusalem, and King Jehoshaphat. The Lord says this to you: ‘Be not afraid or dismayed at this great multitude, for the battle is not yours, but God’s. Go down against them tomorrow. Behold, they will come up by the ascent of Ziz, and you will find them at the end of the river valley, in front of the Wilderness of Jeruel. You need not fight in this battle; take your positions, stand and witness the salvation of the Lord who is with you, O Judah and Jerusalem. Do not fear or be dismayed; tomorrow go out against them, for the Lord is with you.’” So they got up early in the morning and went out into the Wilderness of Tekoa; and as they went out, Jehoshaphat stood and said, “Hear me, O Judah, and you inhabitants of Jerusalem! Believe and trust in the Lord your God and you will be established (secure). Believe and trust in His prophets and succeed.” When he had consulted with the people, he appointed those who sang to the Lord and those who praised Him in their holy (priestly) attire, as they went out before the army and said, “Praise and give thanks to the Lord, for His mercy and lovingkindness endure forever.” When they began singing and praising, the Lord set ambushes against the sons of Ammon, Moab, and Mount Seir, who had come against Judah; so they were struck down [in defeat]. For the sons of Ammon and Moab [suspecting betrayal] rose up against the inhabitants of Mount Seir, completely destroying them; and when they had finished with the inhabitants of Seir, they helped to destroy one another.”

(2 Chronicles 20:1-17, 20-23 AMP)

<https://bible.com/bible/1588/2ch.20.1-23.AMP>

“But about midnight when Paul and Silas were praying and singing hymns of praise to God, and the prisoners were

listening to them; suddenly there was a great earthquake, so [powerful] that the very foundations of the prison were shaken and at once all the doors were opened and everyone's chains were unfastened. When the jailer, shaken out of sleep, saw the prison doors open, he drew his sword and was about to kill himself, thinking that the prisoners had escaped. But Paul shouted, saying, "Do not hurt yourself, we are all here!" Then the jailer called for torches and rushed in, and trembling with fear he fell down before Paul and Silas, and after he brought them out [of the inner prison], he said, "Sirs, what must I do to be saved?"

(Acts 16:25-30 AMP)

<https://bible.com/bible/1588/act.16.25-30.AMP>

1 Thessalonians 5:18 says, "*Give thanks in all circumstances, for this is God's will for you in Christ Jesus.*" You say, "What is God's will for my life?" There it is. God says His will for your life is that you give thanks in all circumstances. There's that dumb little word "all" again. Why does God have to be so general? Couldn't he have said, "Give thanks in the circumstances that are pleasant and you obviously ought to be grateful for." But He doesn't say that. He says, "*Give thanks in all circumstances...*" In every one of them I need to learn to give thanks.

III. _____

“For I know that my Redeemer and Vindicator lives, And at the last He will take His stand upon the earth. Even after my [mortal] skin is destroyed [by death], Yet from my [immortal] flesh I will see God,”

(Job 19:25-26 AMP)

<https://bible.com/bible/1588/job.19.25-26.AMP>

“But He knows the way that I take [and He pays attention to it]. When He has tried me, I will come forth as [refined] gold [pure and luminous].”

(Job 23:10 AMP)

<https://bible.com/bible/1588/job.23.10.AMP>

“Therefore if you have been raised with Christ [to a new life, sharing in His resurrection from the dead], keep seeking the things that are above, where Christ is, seated at the right hand of God. Set your mind and keep focused habitually on the things above [the heavenly things], not on things that are on the earth [which have only temporal value]. For you died [to this world], and your [new, real] life is hidden with Christ in God. When Christ, who is our life, appears, then you also will appear with Him in glory.”

(Colossians 3:1-4 AMP)

<https://bible.com/bible/1588/col.3.1-4.AMP>

Ways To Get Rid of Resentment:

1. Thought replacement -Don't focus on it!
2. Desire the Word -“I have not departed from the commandment of His lips; I have kept the words of His

mouth more than my necessary food.”

(Job 23:12 AMP)

<https://bible.com/bible/1588/job.23.12.AMP>

3. Put what or who hurt you in the hand of God!
4. Pray the model prayer daily and call their name: “Pray, then, in this way: ‘Our Father, who is in heaven, Hallowed be Your name. Your kingdom come, Your will be done On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we have forgiven our debtors [letting go of both the wrong and the resentment]. And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.]’ For if you forgive others their trespasses [their reckless and willful sins], your heavenly Father will also forgive you.”

(Matthew 6:9-14 AMP)

<https://bible.com/bible/1588/mat.6.9-14.AMP>

5. Ask for a new heart: “Create in me a clean heart, O God. Renew a loyal spirit within me.”

(Psalms 51:10 NLT)

<https://bible.com/bible/116/psa.51.10.NLT>

What is the Holy Spirit saying to me through this message?

Answer Key:

I. Realize that God has a plan

II. Rejoice in the midst of the problem

III. Refocus my attention from the pain