



# Overcoming Resentment

Genesis 4:1-16

## The Problem with Resentment

(Job 5:2, Job 36:13, 1 Corinthians 13:5, 2 Timothy 2:24)

## The Start of Disappointment

1. This Tension Stings because People Matter
2. Someone's Sin Hurt Me
3. Things Haven't Gone My Way

## The Path of Resentment

1. My Expectations
2. Disappointment
3. Resentment
4. Bitterness
5. Withdraw or Contempt

## Good News for the Weary from Resentment!

1. God has felt the sting of disappointment  
(Romans 3:23)
2. God shows His love to those who disappoint Him  
(Romans 5:6-8)

3. God gave us reconciliation not wrath  
(Romans 5:9-11)

4. God invites us to live like Him in all our relationships  
(Luke 6:32-36, Eph 4:32, 2 Corinthians 5:19)

### Getting Back to Joy in Relationships

1. Allow Yourself to Feel

2. Empathy

3. Humility

4. Forgiveness

October		
2	Overcoming Guilt and Shame	Psalm 103:6-14
9	Overcoming Temptations	Galatians 5:16-26
16	Overcoming Boredom with Daryl Crawford	Matthew 9:35-38
23	Overcoming Doubt	Jude 17-25
30	Overcoming Resentment	Genesis 4:1-16
November		
6	Overcoming Worry	Matthew 6:25-34
13	Why God Loves Giving Good News with Mark Hargrove	
20	Thanksgiving Testimonies	
27	"A Mobilized Church" with Nate Simms from CRU	

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