

Resentment tends to hurt us more than the person we're holding it against. Yet we have a tough time letting go of it. But if we can start to love our enemies and pray for them, rather than letting bitterness grow, the stronghold of resentment will start to fade away through the power Christ.

## **Discussion Questions**

- 1. Share about a time when you didn't feel like doing something but made yourself do it anyway. How did you feel afterward?
- 2. **Read Luke 6:27-36.** What has been your experience in loving someone who is hard to love? What did God show you through that experience?
- 3. Against whom have you held onto resentment? How did that affect you, long-term?
- 4. The next time you are faced with a situation where can either foster resentment or forgive, what one or two steps can you take to do choose forgiveness?

## Challenge

Take time this week and think about any resentment that you have been hanging onto. What do you need to do in order to move past that resentment? Write it down and make an action plan. When the burden of resentment if lifted off us, we can finally feel free.

## **Commit to Memory**

Remember, the Lord forgave you, so you must forgive others. Colossians 3:13