

## RELEASE YOUR RESENTMENT

### Communicating With God: The Lord's Prayer – Part 6

*Forgive us our sins...just as we have forgiven those who have sinned against us.* Matt. 6:12 (NLT)

*If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.* Matt. 6:14-15 (NLT)

*Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?"* Matt. 18:21

*Jesus answered, "...not seven times, but 77 times!"* Matt. 18:22

### WHY MUST I RELEASE THOSE WHO'VE HURT ME?

#### Matthew 18 - Story of the Unforgiving Servant

#### 1. GOD HAS \_\_\_\_\_

*The servant's master took pity on him, canceled the debt and let him go.* Matt. 18:27

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* Eph. 4:32

#### 2. RESENTMENT IS \_\_\_\_\_

*Shouldn't you have had mercy on your fellow servant just as I had on you? In anger his master turned him over to the jailers to be tortured.* Matt. 18:33-34

*Some men stay happy until the day they die...others have no happiness at all; they live and die with bitter hearts.* Job 21:23-25 (GN)

#### 3. I NEED \_\_\_\_\_

*This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.* Matt. 18:35

*But to us, O Lord, be merciful, for we have waited for you. Be our strength each day and our salvation in the time of trouble.* Isa. 33:2 (LB)

*You're my God; have mercy on me. I count on you from morning to night.* Psa. 86:3 (Mes)

### HOW DO I RELEASE MY HURT?

#### 1. LEAVE IT \_\_\_\_\_

*Never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it.* Rom. 12:19 (LB)

#### 2. HEAL IT \_\_\_\_\_

*Be careful that none of you fails to respond to the grace which God gives, for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others.* Heb. 12:15 (Ph)

*Christ carried our sins in his body on the cross so we would stop living for sin and start living for what is right. And you are healed because of his wounds.* 1 Pet. 2:24 (NCV)

#### 3. NAIL IT \_\_\_\_\_

*We know that our old life died with Christ on the cross so that our sinful selves would have no power over us and we would not be slaves to sin.* Rom. 6:6 (NCV)

*He canceled the debt, which listed all the rules we failed to follow. He took away that record with its rules and nailed it to the cross.* Col. 2:14 (NCV)