



So far, we have learned that Satan can gain control of our soul through shame and fear.

Today I want to talk to you about feelings of resentment.

Resentment is a strong feeling of bitter indignation from suffering what we believe is an injustice.

It can also arise in us when we perceive someone else has been treated unjustly.

Resentment causes a fierce passion that can lead to vengeance.

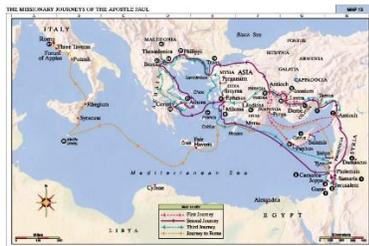
The English word resentment is never used in many translations of the bible. But resentment is what Paul was talking about in Ephesians 4:31-32.

#### [Ephesians 4:31-32](#)

[31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.](#)

[32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.](#)

[NKJV](#)



The apostle Paul is the greatest Christian missionary in the history of Christianity. He served for 32 years. He was a Jew. He was an expert in the Jewish faith. Before his conversion to Christianity he was employed by the Jewish law enforcement in Jerusalem to arrest and assassinate Christians. Paul understood feelings of resentment.

#### [Acts 9:1-2](#)

[1 Then Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest](#)

[2 and asked letters from him to the synagogues of Damascus, so that if he found any who were of the Way, whether men or women, he might bring them bound to Jerusalem.](#)

[NKJV](#)

After his conversion to Christ, Paul was arrested numerous times for being a Christian. He spent a total of about five years of his life in prison. He was also tortured for being a Christian on multiple occasions. He was ridiculed, defamed, and slandered. He was beaten, whipped, and stoned.

Paul wrote the book of Ephesians when he was in prison in Rome. He spent the last two years of his life in a prison in Rome. He was executed for being a Christian in 68AD.

Now let us read his words again.

Ephesians 4:31-32

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Now let us read his words one more time and let us include a few more sentences both before and after these words.

Ephesians 4:29-5:2

29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

5. 1 Be ye therefore followers of God, as dear children;

2 And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.

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Just as we cannot avoid feelings of shame or fear, we cannot avoid feelings of resentment.

I have feelings of resentment all the time.

- I have feelings of resentment when I am watching the news and I see someone in authority using unnecessary force.
- I have feelings of resentment when I am watching the news and I see someone destroying the personal property of others.
- I have feelings of resentment when I see someone being presumptuous in their judgments.
- I have feelings of resentment when I see someone being falsely accused.
- I can have feelings of resentment at times when I am watching a story on TV and one of the characters is being unjust or when one of the characters is being treated unjustly.
- I can have feelings of resentment when I am watching a ball game and I perceive that the referee is not being just to my team.
- I can have feelings of resentment toward people that are irresponsible.
- I can have feelings of resentment toward myself when I do something wrong or I am frustrated with my personal limitations.
- I can have feelings of resentment toward God when I experience a personal loss.

We are not all wired the same way and our personal experience with feelings of resentment is not the same.

- Our DNA plays a part in how we react to things emotionally.
- Our personal history plays a part in how we react to things emotionally.

No one cannot avoid having feelings of resentment. Life is not just! We live in a fallen world.

But we can avoid living with feelings of resentment! We can avoid being controlled by feelings of bitter indignation.

Paul said it was urgent that we pay attention to these feelings and release them.

Ephesians 4:26-27

26 "Be angry, and do not sin": do not let the sun go down on your wrath,

27 nor give place to the devil.  
NKJV

Paul did not give a deadline for dealing with feelings of fear or shame. But he did give a deadline for dealing with feelings of resentment.

Why?

James 1:19-20

19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:  
20 For the wrath of man worketh not the righteousness of God.

KJV

James said the wrath of man never achieves the righteousness of God.

Living in resentment...

- Damages our soul

It creates a bitter attitude in our soul that is like a poison to us and to others. Bitter is like an orange peel.

- Damages our ability to make wise decisions

It causes presumptuous judgments. It causes corrupt words and even violent actions.

- Damages our relationships
- Damages others

It is contagious.

- Damages our reputation
- Damages the reputation of those we represent

No wonder Satan wants us to live in resentment.

- He can control us.
- He can control our future.
- He can control the world.

How do we avoid living in resentment?

The simple answer that Paul gave was to forgive.

Ephesians 4:31-32

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32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

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Instead of having a bitter attitude that is sharply disagreeable and unpleasant in language or tone, Paul said we should have an attitude toward others that is kind and tenderhearted. In other words, we should deal with injustices with grace and compassion.

Paul said to have those attitudes when we are feeling resentment, we must forgive.

Forgiveness is not an emotion. Forgiveness is an act of our will. It is a choice. The word forgive means to send away or release someone from a debt that they owe.

- For a judge this would mean releasing someone from their sentence they owe.
- For a creditor this would mean releasing someone from the loan they owe.
- For God this would mean releasing someone from the judgment for their sins.

Forgiveness is a choice we have based on the authority we have.

- I do not have the authority to pardon a prisoner.
- I do not have the authority to cancel your debt to a bank.
- I do not have the authority to release you from the judgment for your sins against God.

What authority do we all have when we are offended and have feelings of resentment?

**It is our choice to either wish ill will on those who offend us, or it is our choice to wish them well!**

To forgive means to send away or release our ill will and to bless those who offend us with good will.

Jesus said it this way.

Matthew 5:43-48

43 "You have heard that it was said, 'You shall love your neighbor and hate your enemy.'

44 But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,

45 that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good and sends rain on the just and on the unjust.

46 For if you love those who love you, what reward have you? Do not even the tax collectors do the same?

47 And if you greet your brethren only, what do you do more than others? Do not even the tax collectors do so?

48 Therefore you shall be perfect, just as your Father in heaven is perfect.

NKJV

Paul was in prison in Rome because of the testimony against him by his own countrymen.

Here is what Paul said....

Romans 9:1-5

1 I tell the truth in Christ, I am not lying, my conscience also bearing me witness in the Holy Spirit,

2 that I have great sorrow and continual grief in my heart.

3 For I could wish that I myself were accursed from Christ for my brethren, my countrymen according to the flesh,

4 who are Israelites, to whom pertain the adoption, the glory, the covenants, the giving of the law, the service of God, and the promises;

5 of whom are the fathers and from whom, according to the flesh, Christ came, who is over all, the eternally blessed God. Amen.

NKJV

Romans 10:1

1 Brethren, my heart's desire and prayer to God for Israel is that they may be saved.

NKJV

But what about justice in this world?

We always have a responsibility to speak the truth in love. (Ephesians 4:15) There are various ways to speak the truth in love.

The greatest injustice in our world today is abortion. There have been over 60 million abortions in the USA since 1973. 19 million of these have been African American babies.

But we are not responsible to correct all the injustices in the world. That is God's responsibility and those He has appointed.

James 4:12

12 There is one Lawgiver, who is able to save and to destroy. Who are you to judge another?

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God is not going to correct all the injustices in this world until Jesus returns.

To avoid living in resentment the aim in your heart must always be to send away ill will and to wish others good will no matter what they do.

If you live in resentment, it is because the intent in your heart is not right.

How do you become a forgiving person like Paul?

- You must be born again through Jesus (John 3:3)
- You must make it your aim to be like Jesus and be willing to forgive all people. (John 3:16)

You must forgive every person that has ever offended you and you must put on forgiveness as you experience new offenses.

- You must be committed to the mission of Jesus. (Matthew 28:18-20)

The mission of Jesus was not social justice.

The mission of Jesus was not to make you a better person.

The mission of Jesus for His church is to make disciples makers that will love their disciples the way Jesus loved His!

The mission of Jesus has not changed!

Will you be born again of the Spirit of Jesus?

Will you make it your aim to forgive all people?

Will you commit yourself to be a disciple maker for Jesus?