

**When Life Hurts**  
*Releasing Resentment*  
Job 6:2-3  
Pastor Brian

*Job 6* <sup>2</sup> If my misery could be weighed and my troubles be put on the scales, <sup>3</sup> they would outweigh all the sands of the sea. (NLT)

*Job 9* <sup>18</sup> He doesn't let me catch my breath, for he fills me with bitterness.

**I. What Causes Resentment?**

**1. What people say about us.**

*Job 12* <sup>5</sup> It's easy to condemn those who are suffering, when you have no troubles. (CEV)

*Proverbs 12* <sup>18</sup> Careless words stab like a sword. (NOG)

**2. What people think about us.**

*Job 19* <sup>5</sup> You are trying to make yourselves look better than me by using my disgrace as an argument against me (GW)

**3. What people do to us.**

*Job 19* <sup>19</sup> My close friends detest me. Those I loved have turned against me.

**II. How Do You Release Resentment?**

**1. Acknowledge it.**

*Job 7* <sup>11</sup> I cannot keep from speaking. I must express my anguish. My bitter soul must complain. (NLT)

*Job 10* <sup>1</sup> I am disgusted with my life. Let me complain freely. My bitter soul must complain. (NLT)

*Job 6* <sup>14</sup> A despairing man should receive loyalty from his friends, even if he abandons the fear of the Almighty. (HCSB)

**2. Release those that hurt you.**

*Job 42* <sup>10</sup> After Job had prayed for his friends, the Lord restored his fortunes and doubled his previous possessions. (CSB)

*Luke 6* <sup>27</sup> But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. <sup>28</sup> Bless those who curse you. Pray for those who hurt you. (CSB)

**3. Get right with God.**

**Job 42** <sup>2</sup> I know that you can do everything and that your plans are unstoppable.... <sup>4</sup> You said, "Listen now, and I will speak. I will ask you, and you will teach me." <sup>5</sup> I had heard about you with my own ears, but now I have seen you with my own eyes. <sup>6</sup> That is why I take back what I said, and I sit in dust and ashes to show that I am sorry. (GW)

**Job 42** <sup>12</sup> So the Lord blessed Job in the second half of his life even more than in the beginning. (NLT)

### **III. Actions Steps**

1. If you're holding onto a resentment today, acknowledge it, forgive those that hurt you, & get right with God.
2. Sign up for Belonging today, and get plugged into a Life Group next week.
3. Invite someone to church!