



Release Your Resentments  
*You'll Get Through This*, Pt. 11  
March 17-18, 2012

I. \_\_\_\_\_ your resentments.

Anger will not help you live the right kind of life God wants.”  
(James 1:20 NCV)

Bridle your anger, trash your wrath, cool your pipes—it only makes things worse. (Ps. 37:8 MSG)

Keep a sharp eye out for the weeds of bitter discontent. A thistle or two gone to seed can ruin a whole garden in no time. (Heb. 12:15 MSG)

Do not let the sun go down while you are still angry. (Eph. 4:26 NLT)

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. (Eph. 4:31 NKJV)

As Christ forgave you, so you also must do. (Col. 3:13 NKJV)

II. \_\_\_\_\_ God's justice.

Never pay back evil for evil...never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. (Rom. 12:17-19 LB)

“Send [Benjamin] with me, and we will arise and go, that we may live and not die, both we and you and also our little ones. I myself will be surety for him; from my hand you shall require him. If I do not bring him back to you and set him before you, then let me bear the blame forever.” (Gen. 43: 8-9)