

J.N. - ~~2016~~, 14.76 A.M.

HOW TO GET RID OF RESENTMENT

Job 12:4

INTRODUCTION:

Job acknowledges the power of God. He says, I am mocked by my neighbors. I am resented. But I call upon God and he answers me. He says the just, the upright man is often laughed at and scorned.

How does a man handle this resentment? How does a man discover what happiness is. We discussed last Sunday the road that many people travel. That led to unhappiness when we tried to bring out a point or two on how to discover real happiness.

Today, let us think about that same subject again. Multitudes travel the road of resentment. Despair, defeat, hopelessness. And it is a journey that ends in unhappiness, bitterness, and misery.

A man down in Nashville, Tenn. hated F. D. Roosevelt so much that he would not even drive down Roosevelt Avenue on his way to work. He drove 10 blocks out of his way for 10 years. Until one day he discovered that Roosevelt Avenue was not named for Franklin but for Teddy.

There is a verse in the Sermon on the Mount that I read many times. And I wonder if we really understood it. Matt. 5:22. Jesus says, to whosoever shall say to his brother, thou fool, shall be in danger of hell fire. Now I have thought about this so many times. There are so many fools in the world that I could see no particular harm in identifying the more obvious ones.

But if you really read this, in the new English version, this verse comes alive.

Here is what it says, ^{resents} if he sneers at him, his brother, he will have to answer for it in the fires of hell. Now does that say anything to you? It is really something. And so why should I have resentment or prolonged sneers for anybody.

We live in a day of resentment. The non-smokers ^{resent} the smokers. The slim people resent the fat people. The big pulpit resents the small pulpit. The old resent the young. The young people resent the old people. The conservative people resent the liberal people. And the liberal people, resent the Devil and resent God. But God Almighty does not resent anybody. He just hangs up there on the cross, and I think he sort of weeps at us. While Democrats resent the Republicans and the Republicans resent the Democrats. He just cries out a new commandment - I give to you. That you love one another.

*But I don't know
the Lord is on the side of conservative
I think he said that
before the other
man won that*

Jesus said if you resent your brother, you will have to answer for it in the fires of hell.

The election is over. Somebody won and somebody lost. Now how does a man who failed - get elected, go forward, without resentment.

I talked to a person this week who had resentment towards those in her office. Now what can she do with that problem.

A woman once wrote a friend - and said, I am resentful. My life is miserable. Can you help me to get rid of this heavy load.

Now in our sermon, we talked about how to find happiness last week. And we still want to think about that idea today. No person is immune from resentment anymore than any person is free from temptation. Every person, at one time or another, must deal with this.

There are many Bible passages, and there were two men in the Old Testament - who served under the Persian king - Ahasuerus. One of them Haman was a foreigner who had managed to elevate himself to the second highest place in the empire. Everyone was commanded to bow in his presence.

Mordecai, a Jew, refused to do so. Haman became enraged with resentment and he wanted some revenge. He intended to hang this little Jew. Haman's plot was discovered by Esther. Instead of the little Jew going to be hanged, the king ordered Haman to be hanged instead of his enemy. And Haman was the victim of his own resentments.

This is a parable of those who permit resentments to live in their hearts. We never hurt the person we resent, as much as we hurt ourselves. We become the defeated individuals and our lives leave something of the blow if we hold this resentment.

Now in contrast to that story in the Bible - there is a very ugly drama. And it ends with a beautiful ending. Joseph was sold by his brothers, as a slave. They took him to Egypt. His brothers committed this deed out of resentment, Envy, jealousy.

Now truly, Joseph was a man in whom the spirit of God lived. Pharaoh said of Joseph, "there is none so discreet and wise as thou art." Gen. 41:39. In Egypt, he found favor in sight of the king. "Thou shalt be over my house and according unto thy word shall all of my people be ruled. Only in the throne will I be greater than thou." Gen. 41:40.

A great famine came to Canaan and men came from there to buy corn. Joseph recognized the group as his Hebrew brothers. Memories flooded his soul. He remembered. The fear and the resentment. And still, in his own heart, he had

never resented them. He recognized them but he did not reveal his identity.

Joseph had every right, we would have said, to resent those brothers. Joseph had been obedient. His brothers had sold him. They had deceived their father. And yet Joseph had only love in his heart for his brothers. After a while, Joseph revealed himself. "I am Joseph, your brother. Whom you sold to Egypt. Gen. 45:4. The brothers were filled with fear. Joseph brought ugly memories to their minds. Joseph assured them that he held no grudge and reminded them that there was no need to be afraid. "I will nourish you and your little ones. And he comforted them. He spoke kindly to them. Gen. 50:21.

What a touching story and scene. Joseph expressed a forgiving spirit. And this is what Christ expressed when he died on the cross. God's hand was upon Joseph. He had been mistreated by his brothers. Used. But he never stood with revenge and resentfulness in his heart. And he triumphed over his troubles.

When we feel resentment growing in our lives, I think it is time for self-examination. Doctors sometimes write and say that it is right to have a physical examination. About every 6 months or every year. This gives the Doctor the advantage to detect diseases early. We grant the wisdom of this measure. But thinking people know it, also very wise - they ought to keep a close watch on their spiritual growth. Little prejudices and little resentments grow. And sometimes we cultivate them without realizing it and that is why we need to have a self-examination.

Why am I resentful. You might be surprised to find this a difficult question to answer. Sometimes we can't identify the reason we are resentful. But most of the time we are really not sure that we know. We are likely to discover that our resentment has grown out of our own touchy, self-centered lives. We have had self-pity.

And we have a feeling of not being wanted. And we recognize that we haven't been loved as we should. And this just grows.

Most of the time, resentment, really has no real basis for existence. Sometimes we resent those who have achieved in a more excellent way than we have. It is easy to resent a person who is radiant. Who has been able to achieve. Or we feel that we are inferior in their presence. And we find resentment growing with those that they disagree with in their own deeds and positions. This too can become a problem for some.

A woman once was talking about marriage. It seemed to be falling apart. Every word she uttered was a deep seeded resentment. She built up against her husband. Here was a man with a promising position. He was a young businessman at the bottom of the ladder. His job was demanding. And both partners in this marriage wanted a better living standard. And they were trying to make efforts to get ahead. But the young mother got along without household help. She was tied down to housework. And the care of her three active children. And she began to cultivate self-pity. And look upon herself as a mother and a housewife, with such drudgery and resentment.

Her husband worked in a nice furnished, air-conditioned office. And frequently had to go out of town on company business. His wife - his work looked glamorous to her. He came home in the evening well dressed and refreshed. And after dinner, he played with the children. He seemed to enjoy his work and his family.

Now the person to whom the woman was talking too said, (you are resentful toward your husband.) And she quickly denied it. How could I possibly be resentful. When I know my husband works so hard in order that we might have a better living and a better future. She left somewhat upset with the person she was counselling with. The next day she called and wanted to talk again. The first word she spoke, you were right. I got to thinking about what you said. And I discovered my resentment.

Once she was able to identify her resentment, she surrendered to God, and no longer felt that her marriage was crumbling.

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What will resentment do to my life? This is another question we ought to ask.

During a period of self-examination. If permitted to grow, it will ruin your health. If you nurse it as an injured pride, or inward hurt, it will fester and breakdown your health. David Seaberry shows that the pressure of undrained, wounded emotions, plays a greater part in creating fatigue, nervousness, and worry.

I think even more serious than breaking down your health, with resentment - it separates us from God. Therefore, it is impossible to be a Christian and to hold grudges against another. Life becomes empty. Our deeds are little more than sand and brass. Or a tinkling symbol. I Cor. 13:1. The reason is obvious - you can't hold resentment and love in your heart at the same time.

The Sermon on the Mount - Matt. 5:23 - when you are offering your gift at the altar. You should remember that your brother has something against you - you must leave your gift there before the altar and go away. It is useless to pretend you are a Christian by attending church. Or offering a prayer. Or observing some religious ceremony. When you have attempted to reconcile your brothers. E. Stanley Jones wrote, the Christian faith teaches that whatever shuts out your brother, automatically shuts out your father.

If you have wronged a person, it is your responsibility to make amends. In this case, Jesus said - go and be reconciled to your brother. It is your responsibility. Jesus said if your brother wrongs you, go and have it out with him at once. Just between the two of you and if he will not listen to you - and if he will listen to you, you have won back this person as a brother. Matt. 18:15. The Christian, whether he has hurt another or whether he has been hurt, is under obligation to make every effort to make things right between his neighbor.

Suppose the other person will not listen to you. You cannot force him to forgive you. In spite of his reason or reaction - if you have done all you can do to make amends, you have cleared your soul in the presence of God. God does not tell you that you must succeed but he does warn you that you ought to make the effort.

What if someone does say something that is not very complimentary. It would be very easy for you or for me to answer some of my critics with hot remarks. But I have learned a long long time ago - that such a response is not in keeping with the Christ who moved up Calvary's hill and permitted evil hands to nail him to the cross. I have also learned that I cannot afford to harbor resentment. If I want to be an effective Christian.

Emmerson once wrote, the banks of God are always loaded. Every secret is told. Every crime is punished. Every virtue rewarded. Every wrong redressed in silence and certainty. The thief steals from himself. The swindler swindles himself.

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Now a third question is - what can I do about resentment? What you and I do about it is very important. It will mean the difference between happiness and misery.

Now there are several ways that you can deal with your resentment today.

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First, of all, you can bottle it up. You can keep it to yourself. But if this is the course you chose to follow - I predict there is trouble ahead. We need to give expression to these resentments. I do not mean simply to talk about them. But what I mean is, to make every effort to solve it.

I read about a man who had an infected foot. He did not think it was very serious - he ignored it. He continued his work. He used his old home remedy. Finally, he decided to see a Doctor. And that Doctor sent him to several specialists. They did everything they could to save his foot. The man suffered for many weeks.

The Doctors agreed if he had come early, they would have been able to save it. And just before the surgeon was getting ready for the operation, he said, this never should have happened if he had come to him earlier. We could have treated the foot and saved it.

That is a parable of life. We have poison, infection - resentment. And it gets into our lives. We say to ourselves, it's not so bad, I'll just let it go. I'll bury this and we struggle along somehow to get a release from it. And then some nervous disorders come. And then there is chronic unhappiness. Jesus advised us to clear up any disagreement - Matt. 5:25. Now what I think Jesus meant was to settle our differences immediately. The longer you wait the more difficult it becomes.

Paul had another way of dealing with it in Eph. 4:26. Let not the sun go down upon your wrath.

II - Now the second way to deal with this matter is to seek revenge. This is an unChristian act. And this to me will bring unhappiness. E. Stanley Jones once talked about life on (three levels). He called one the Christian level. Where you return good for evil. Then he calls another the legal or human level. Where you return evil for evil. And the third is what he called the demon level - where you return evil for good.

You can never settle a problem by seeking revenge. In addition to the load of resentment you have in your soul, there will be more guilt. And your sins will bother you.

Here are several truths you ought to always keep before you. You will never find a person who is happy because he is satisfied with his desire for revenge. Neither will you find a person who is sorry for his acts of forgiveness. Forgiveness and

reconciliation are the requirements of God.

Somebody said to Lincoln that he was freely forgiving his enemies. He says, our business is to get rid of our enemies, isn't it. Asked Lincoln. Well, I got rid of this one by turning him into a friend through forgiveness.

Milton wrote by taking revenge a man is but even with his enemy - but in passing over it, he is superior.

Revenge is the place where hate grows and hate empties the soul of joy, of service and happiness.

Hate keeps the fires of hell burning bright. No revenge, is not the answer to resentment.

There must be another way. And thank God, there is another way to deal with resentment.

Some people carve out resentment in their souls - it has been there so long - it appears hopeless. And it is hopeless in the human eye. And I do not believe I can free you or you can free yourself. Anymore than I can forgive you of your sins. But God has the proof.

And in him, and through his grace, we can be set free.

Look again at Calvary. It is not a very pretty sight, Jesus stumbling up the hill with a cross upon his back. That has stripes. And he permits the Roman soldiers to nail him to the cross. He struggles. No, not for revenge. He holds no revenge.

Now here is Jesus method he prays. That is the first thing he did after

being nailed to the cross. Not only will prayer guard the heart and keep resentment out but it will help to melt resentment.

— ✓ First, we pray (for ourselves). We need to pray in our prayers for our hearts. For our own heavy burdens. Our Lord Jesus prayed for himself. It was not a selfish prayer. And like that old spiritual - it is not my sister, nor my brother, but it is me, Oh Lord, standing in the need of prayer. My prayer for cleansing might simply be - Oh God, give me the grace and the strength to keep resentment out of my life, Amen.

— ✓ Then we ought to pray (for the person) who has hurt us. It is not easy - yet it is directed of our Lord. Evil men nailed Jesus to the cross. Indifferent men stood there and watched him. The wicked men spat upon him and mocked him. Jesus heard all of this. What did he do - he prayed. Not one threat from him. Without a question - he prayed. Can you imagine those soldiers who were accustomed of the cries and the curses of the men being crucified. But here was a man praying. If you want to get rid of your resentment and be happy - you must pray for yourself as well as for those whom you resent.

Here is a key. Jesus gave his persecutors. This is not easy to do. Can I learn to forgive someone who had deliberately hurt me. Well, the answer is, you cannot by yourself. With God's help - for God will not fail you. And then you will be able to forgive.

Many times this happens between husbands and wives. When there are deep problems. If they really want to get back together again, they need forgiveness. It is difficult, but you must forgive. You must forgive for your own sake. You will never find God's forgiveness until you are willing to forgive. But if you do not forgive, neither will your Father which is in Heaven, forgive your trespasses. Mark. 11:26.

Jesus understood those who crucified him. Jesus made allowances for them. It is always hard, if not impossible, to know the mind of others. Jesus said, they know not what they do. // Luke 23:34.

Could we not make this concession for those who hurt us. It would be better to excuse them than to harbor resentment. Jesus forgave his enemies.

Paul writing to one of the churches, said - put on therefore as the elect of God, holy and beloved, kindness, humbleness, weakness, long-suffering, but forebearing one another and forgiving one another. If any man have a quarrel against any, even as Christ forgave you, so also do you. Col. 3:12-13.

At times there is little room to suggest that we could honestly make allowances. The truth of the matter is, that a lot of the evil of the world is designed and pre-meditated. We cannot always excuse a person by saying, he really didn't mean to hurt me. Sometimes we sense that the fact that the dart was deliberately poisoned was aimed at us. Then what must we do.

The answer is very simple, but it is difficult to put into practical living. If we are true to our Lord, we must do exactly what he did - Jesus forgave. And we have to do the Father's will. Holding one single grudge against another, will make him less than what God wanted him to be.

Not all people know Christ and many who pretend to march in Christ's army, turn out to be cowards. During the hot conflict, they want to satisfy their own selfish feelings. And they leave God out in the cold. It is tragedy that so many wave the Christian flag and yet fail to follow the Master.

Stephen, the first martyr died, and as he died - he was aware of God's love while those rocks were hitting him. And while he fell to the ground. And that was

an ugly scene of hatred and evil. But he managed to struggle to his knees and he said, Lord, lay not this sin to their charge. Acts. 7:60. His bruised body fell down lifeless.

There is only one way to get rid of sin. The burden will break us and eventually separate us from God. Unless we are willing to find God's forgiveness and to forgive.

When someone is not kind to us or we think he does not treat us as he ought, McClarín wrote, let us be kind one to another. For most of us are fighting a hard battle. We never really know what loads other people are bearing. We need to make allowances to forgive. And then we will fully understand and our resentment will disappear.

Pray for forgiveness and understanding. This is all wrapped up in one word - love. Jesus loved his enemies. Even as they stood there all wrapped up in the cross.

You can handle your resentment as Fanny Crosby wrote - near the cross, oh lamb of God. Bring its scenes before me. Help me walk from day to day - with its shadows ore me.

Charles Sanksters father watched the Salvation Army in its early days. That little group composed of mostly thugs tried to break up the public meetings. Thugs threw filth and stones at those participating in the services. Sometimes, inflicting wounds. One day outside of Eagle Tavern, on City Road, London - a Salvation Army service was in progress. The preacher offered Christ to the people. A half-drunk man came out of the public house. Knocked the preacher to the ground with a savage blow. His head hit the curb stone. Some thought that it might have killed him. But he staggered to his feet, looked at the brute, who had struck him and said, God bless you. And then with great effort, he continued the service. Sankster said my father knew that the Army was defeated. And the soldiers of the cross would march around the

world. We can get rid of resentment if we pray for forgiveness and seek to understand and love others. Paul wrote, let this mind be in you - which was also in Christ Jesus.

No wonder Job 4:12 said, though they laugh me to scorn, God will answer when I call.

The Hiding Place - Betrie in the brutal prison "No hate, Corrie, No Hate"
Today making 80 yrs - Corrie cont. to travel & tell the people "Jesus can turn loss into glory"