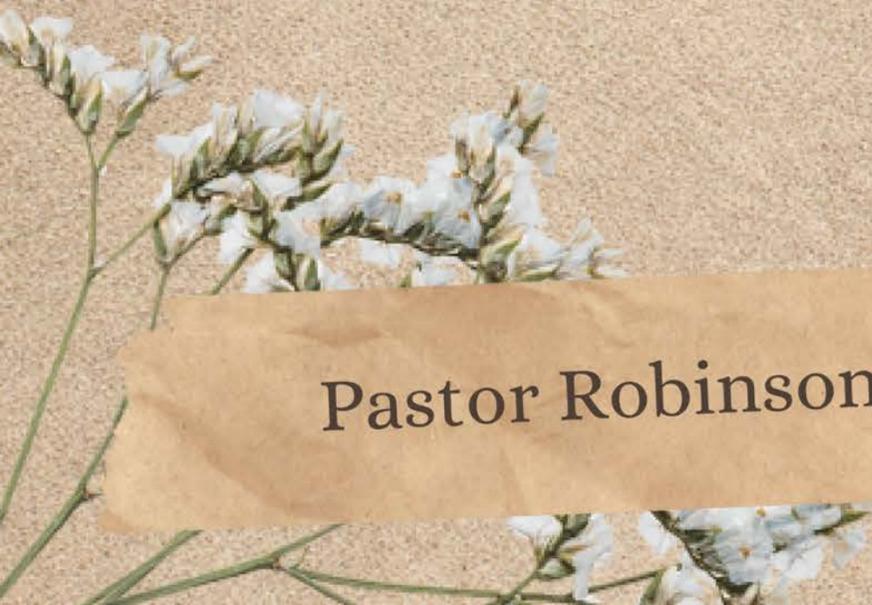
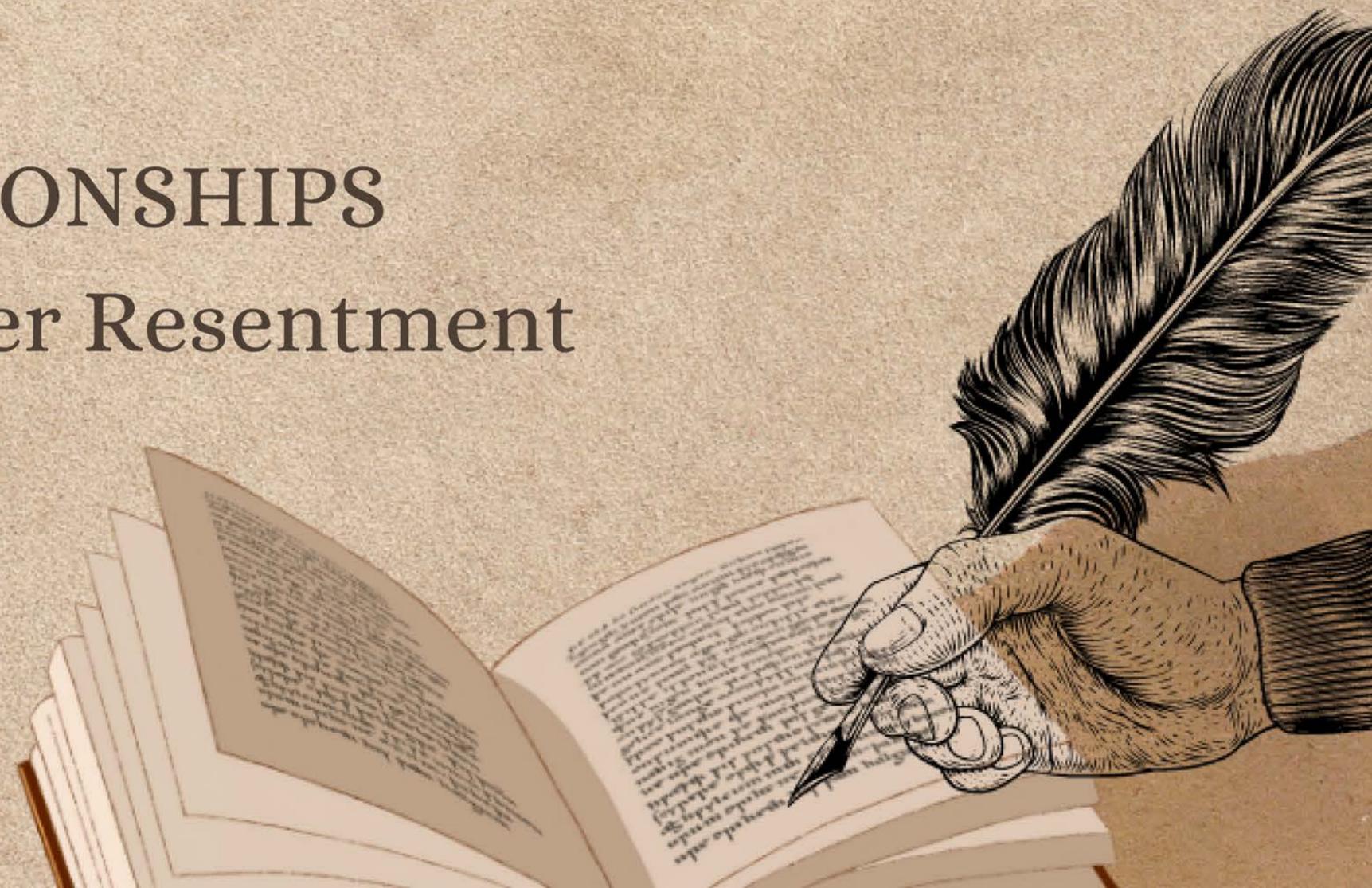


# Lesson 10:

## RELATIONSHIPS

### Winning Over Resentment

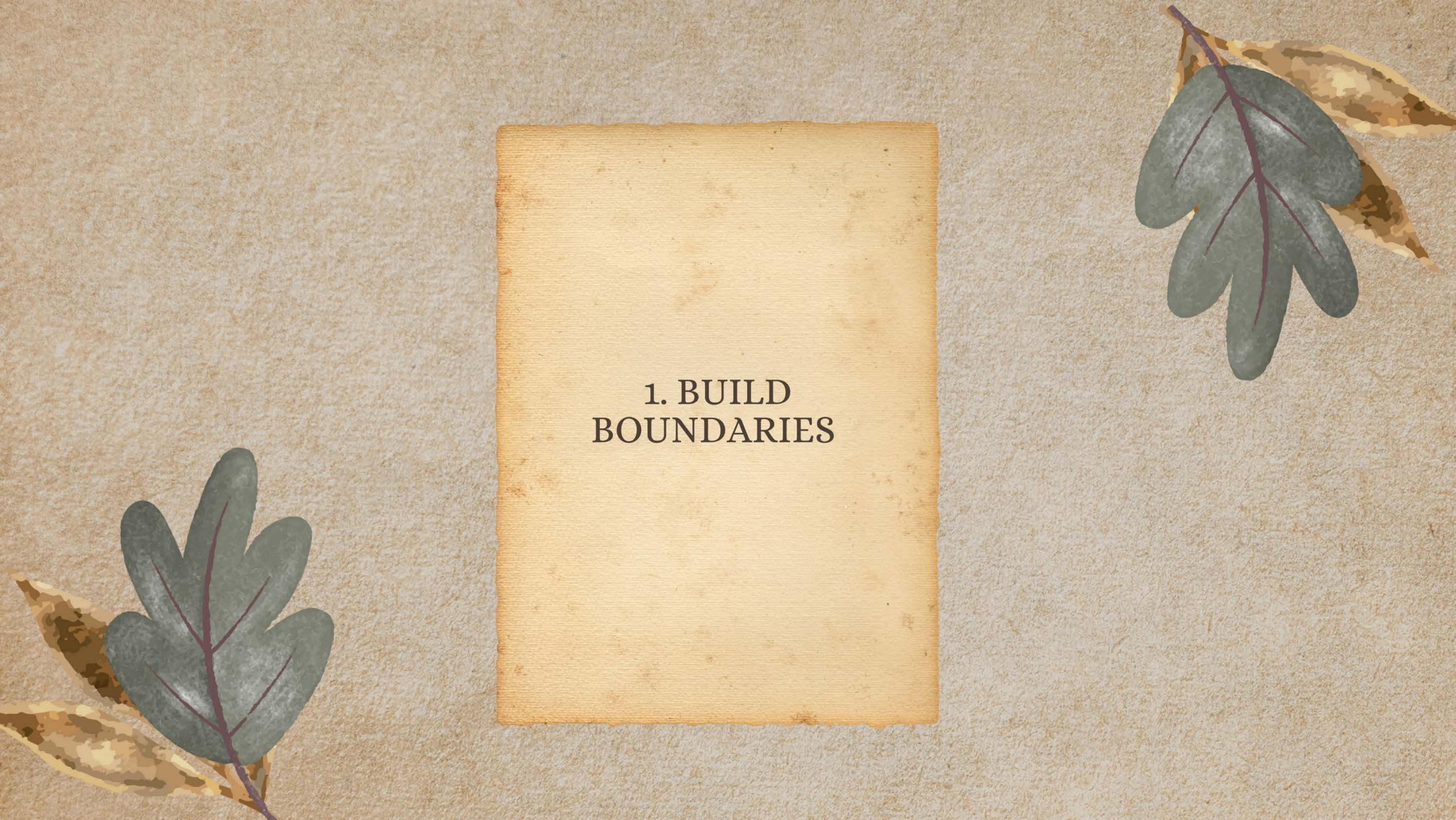
Pastor Robinson





Important  
Elements in  
Relationships:

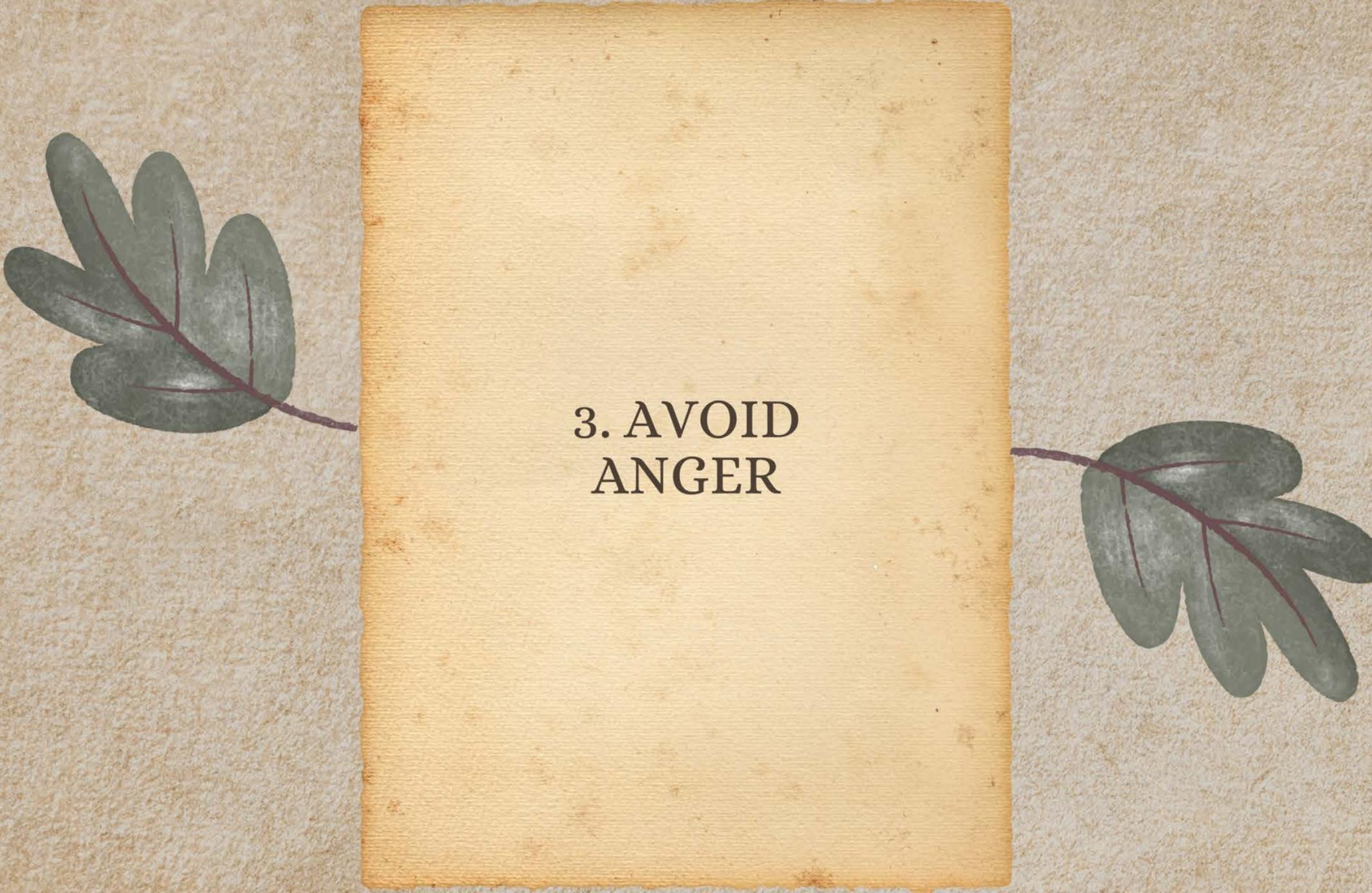




1. BUILD  
BOUNDARIES



2. BEAT  
BITTERNESS



3. AVOID  
ANGER



RESENTMENT is true displeasure expressed toward someone as the result from a wrong, an insult, or injury; either real, imagined, or unintentional.





4. RESIST  
RESENTMENT

*"Hanging on to  
resentment is letting  
someone you despise  
live rent-free in  
your head."*

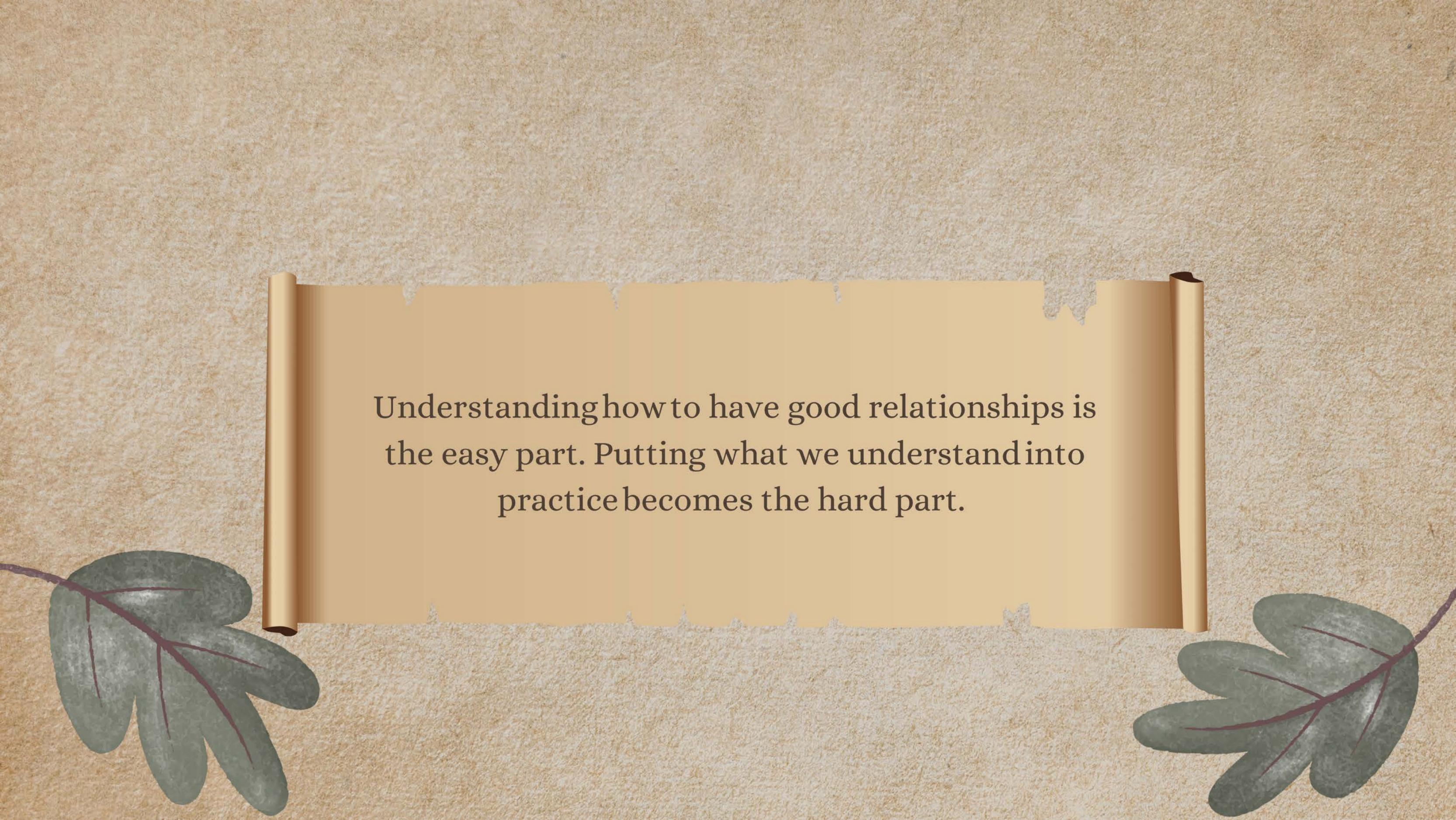


5. REPEAT  
RESPECT





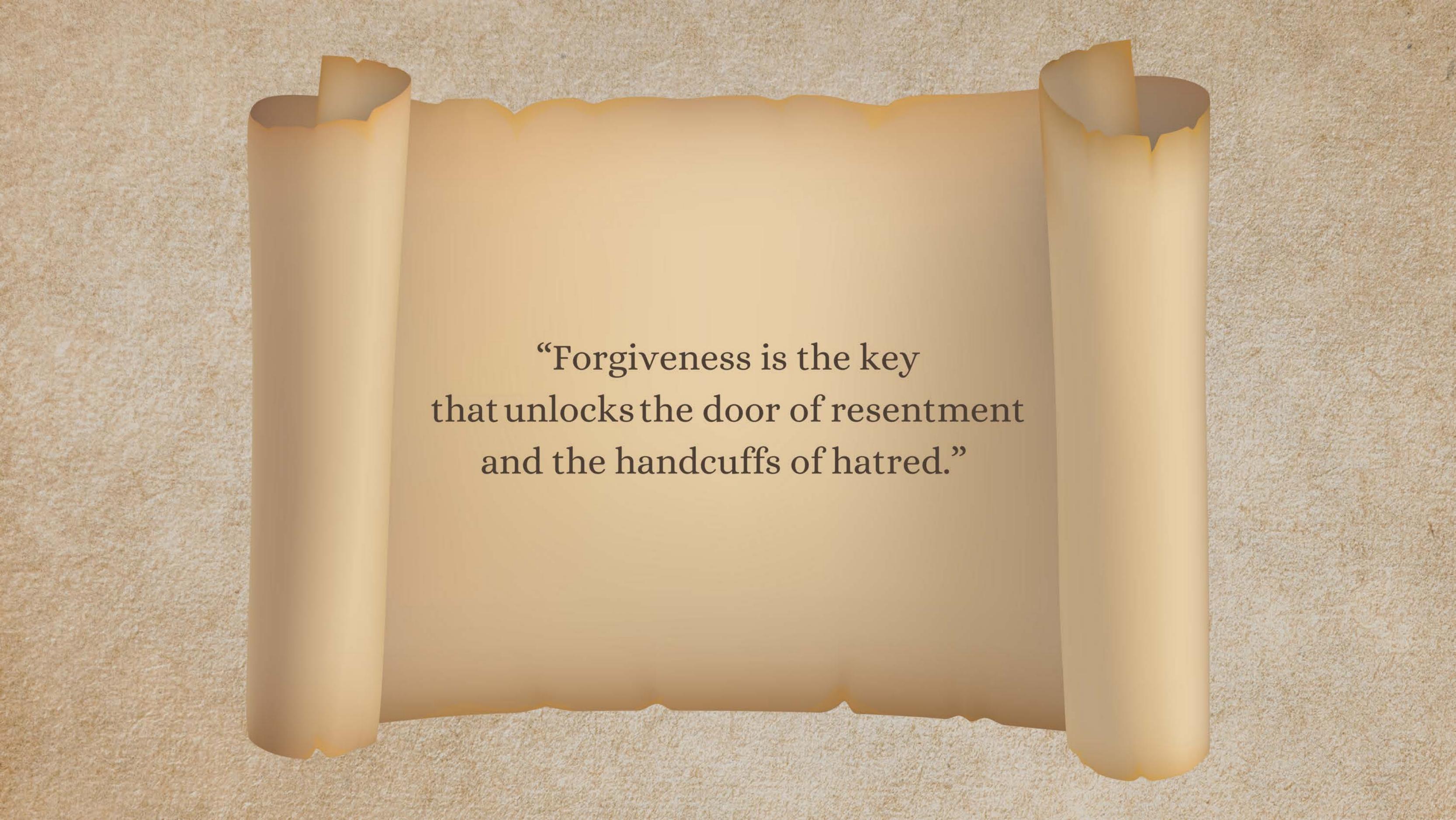
6. CONVEY  
CARE

The image features a central scroll with a light beige, slightly textured surface. The scroll is set against a larger background of a similar but more pronounced texture. Two dark green, stylized leaf branches with reddish-brown veins are positioned at the bottom left and bottom right corners. The text on the scroll is centered and reads: 

Understanding how to have good relationships is the easy part. Putting what we understand into practice becomes the hard part.



*You must learn to  
identify your  
decision moment.*

A scroll of aged parchment is unrolled, showing a quote. The parchment is a warm, yellowish-brown color with a slightly textured surface. The edges are slightly irregular, giving it an antique appearance. The quote is centered on the scroll in a dark, serif font. The background is a light, textured surface, possibly a wall or a backdrop, in a similar warm tone to the parchment.

“Forgiveness is the key  
that unlocks the door of resentment  
and the handcuffs of hatred.”

Three Keys to  
ELEVATE  
Above Resentment:



1. RESENTMENT IS REAL:  
It must be confronted.

Joseph Could  
Have Been  
Resentful  
Toward:

- His father
- His brothers
- Potiphar's wife
- The prison guards/prisoners
- The cup-bearer
- At God
- At life

# Resentment Unchecked Can:

- Ruin relationships
- Wreck homes and families
- Destroy lives
- Derail future dreams





Resentment is a toxin that poisons your joy, hope, outlook, and your ability to get on with your life.





2. RESENTMENT IS A CHOICE:  
Choose against resentment and  
bitterness.



3. RESENTMENT CAN BE BEAT:  
Trust God to help you overcome  
and forgive.

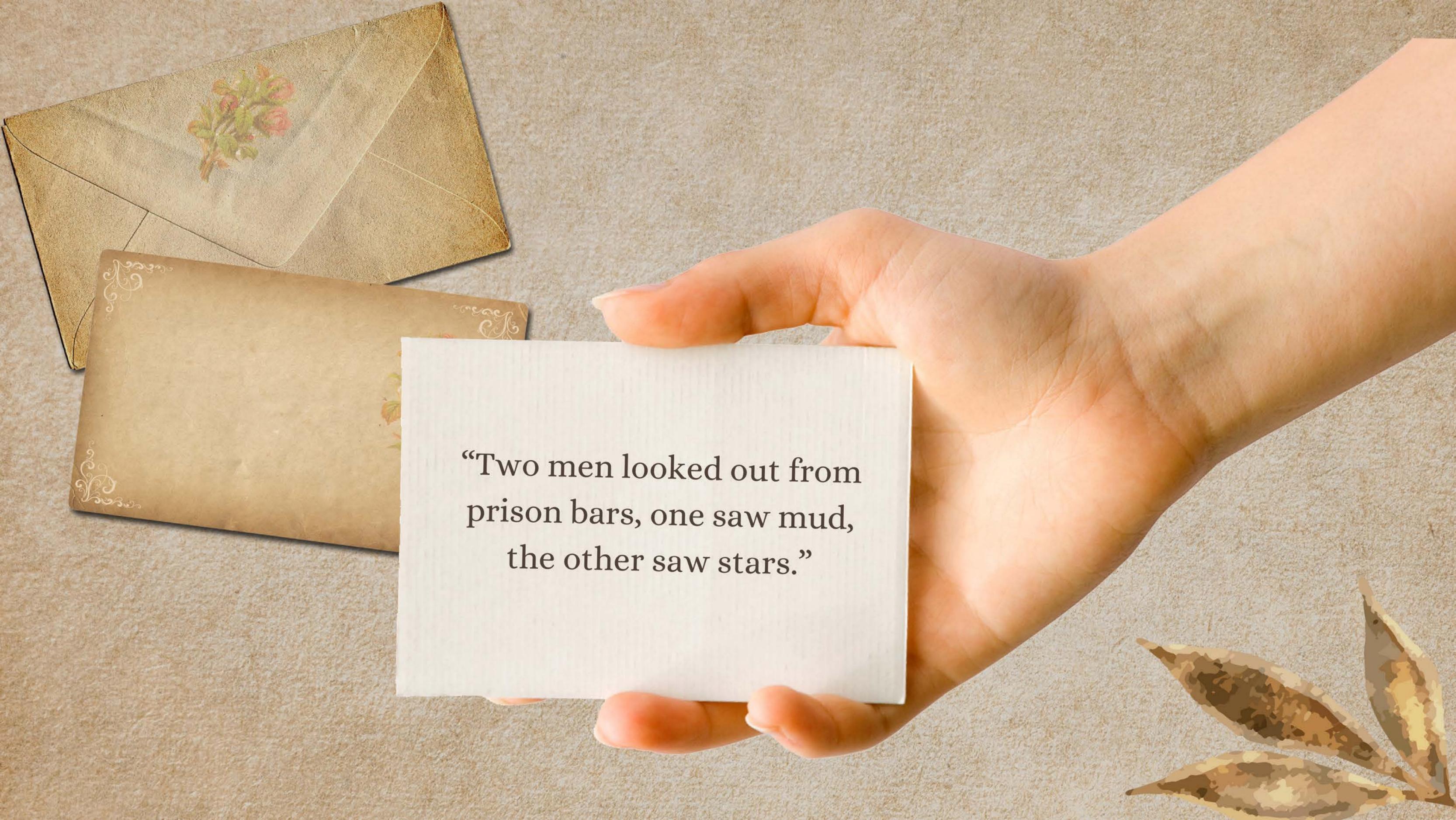


*Ephesians 4:31*



Let all bitterness, wrath,  
anger, clamor, and evil  
speaking be put away from  
you, with all malice.

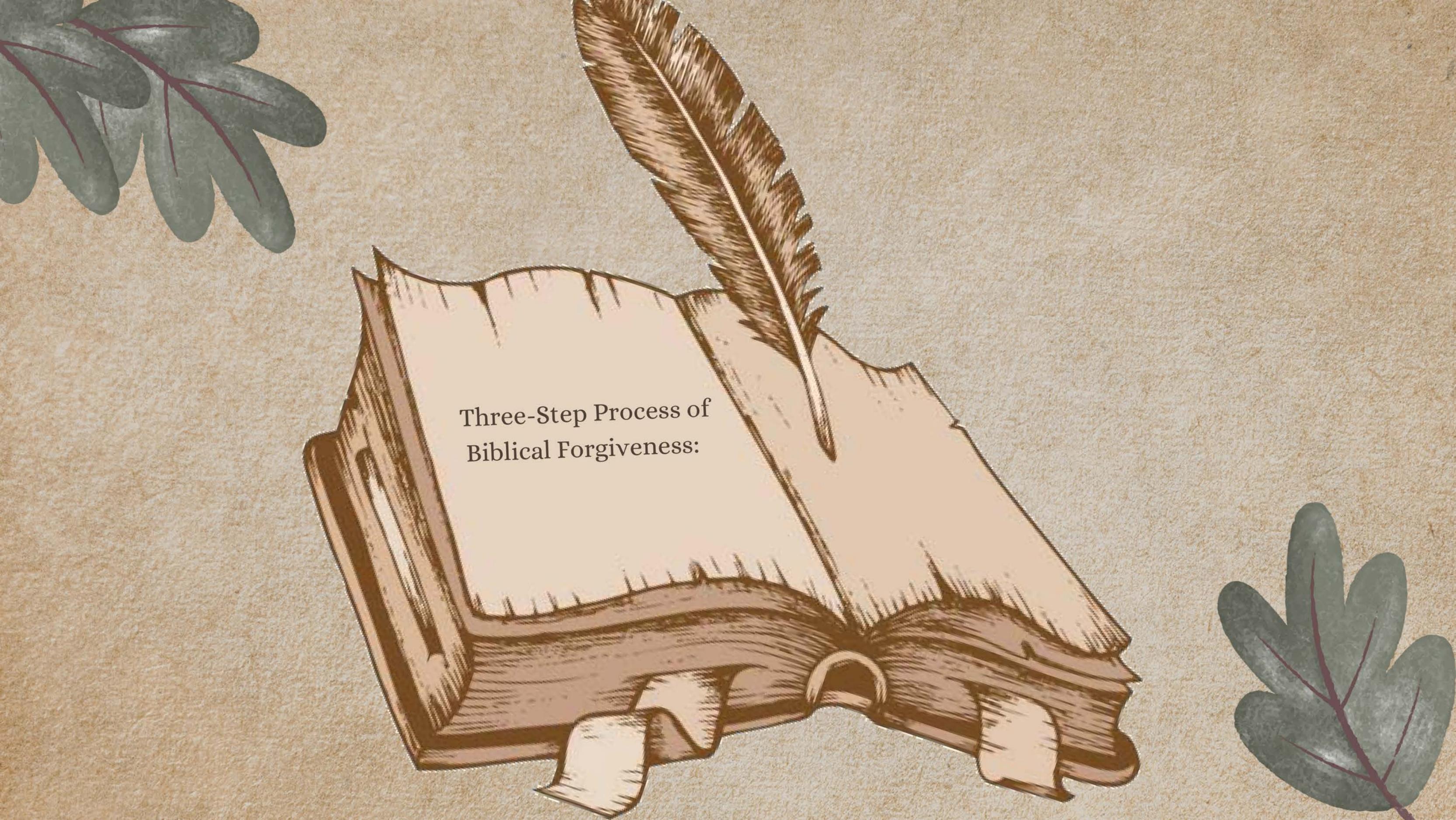


A hand is shown holding a white rectangular card with a black serif font quote. The background features a textured light brown surface with several envelopes and autumn leaves. One envelope is open and shows a floral illustration. Another envelope is closed with decorative corner patterns. In the bottom right corner, there are several autumn leaves in shades of brown and gold.

“Two men looked out from  
prison bars, one saw mud,  
the other saw stars.”

It is time to leave your prison:  
Physically, mentally, spiritually,  
relationally, financially, emotionally.

*Jesus*



Three-Step Process of  
Biblical Forgiveness:

An open scroll with a parchment-like texture is the central focus. The scroll is unrolled in the middle, revealing a white background with black text. The scroll is held by two wooden rollers with dark metal caps. To the right of the scroll, a quill pen with a gold-colored nib and a dark handle lies on the parchment. At the bottom of the scroll, two golden, leaf-like shapes are visible. The entire scene is set against a light beige, textured parchment background.

1. Remember  
How Much You  
Have Been  
Forgiven.



2. RELEASE  
THE PERSON  
WHO HURT  
YOU.

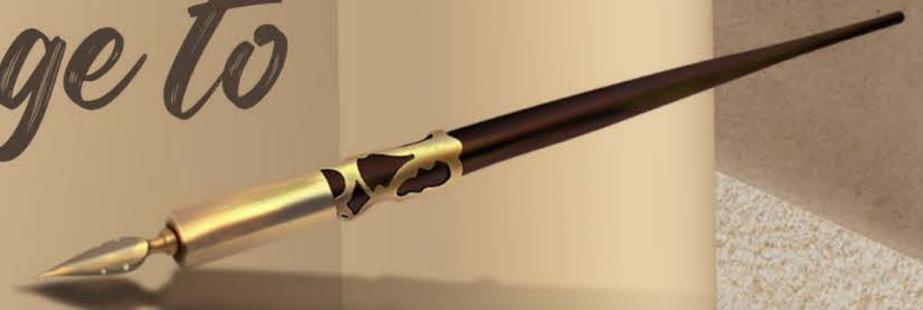


3. Reestablish the  
Relationship, as  
Much as Possible.

Romans 12:18,  
Do all that you can  
to live in peace with  
everyone.



“Forgiveness really is a gift to yourself— have the compassion to forgive others and the courage to forgive yourself.”





Bible Study Follow Up Chat Questions:

1. What was your greatest takeaway from today's lesson?
2. How would you define resentment?
3. List the six important elements of relationship.
4. Why is it challenging to put these elements in practice?
5. "Forgiveness can be hard." Agree or disagree.
6. What is meant by a "decision moment"?
7. List the three keys mentioned in today's lesson that can help us elevate above resentment.
8. List the 3-Step Process of Biblical Forgiveness.