

June Bible Study Series:

Relationship Reset

LESSON EIGHT:

NO MORE GRUDGES!

*"Life is too short, grudges are a waste of perfect happiness,
laugh when you can, apologize when you should, and let go
what you can't change."*

The Irony of Holding a Grudge

Ephesians 4:26

Be angry and do not sin; do not let the
sun go down on your anger.

Is It a Sin to Hold a Grudge
Against Someone?

A grudge is defined as "being unwilling to give or admit: a feeling of deep-seated resentment or ill will."

Grudges: A Case Study

Genesis 27:41-46

41 Esau held a grudge against Jacob because of the blessing his father had given him. He said to himself, "The days of mourning for my father are near; then I will kill my brother Jacob."

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42 When Rebekah was told what her older son Esau had said, she sent for her younger son Jacob and said to him, "Your brother Esau is planning to avenge himself by killing you."

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43 Now then, my son, do what I say: Flee at once to my brother Laban in Harran.

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44 Stay with him for a while until your brother's fury subsides.

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45 When your brother is no longer angry with you and forgets what you did to him, I'll send word for you to come back from there. Why should I lose both of you in one day?"

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46 Then Rebekah said to Isaac, "I'm disgusted with living because of these Hittite women. If Jacob takes a wife from among the women of this land, from Hittite women like these, my life will not be worth living."

As long as there are people, there will always be offenses, and if there are offenses, there will be people who harbor a grudge.

Luke 4:18-19

18 "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free,

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19 to proclaim the year of the Lord's favor."

The Bible Commands Us
Not to Bear a Grudge

Leviticus 19:18

Do not seek revenge or bear a grudge against one of your people but love your neighbor as yourself. I am the Lord.

The Hebrew word for grudge is *natar*, which means, to guard or cherish anger. It is not simply being angry, because not all anger is sin. It is to hold on to anger, protecting it in the heart.

Mark 6:17-19

17 For Herod himself had given orders to have John arrested, and he had him bound and put in prison. He did this because of Herodias, his brother Philip's wife, whom he had married.

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18 For John had been saying to Herod, "It is not lawful for you to have your brother's wife."

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19 So Herodias nursed a grudge against John and wanted to kill him. But she was not able to,

*Holding A Grudge Often Leads to A Greater
Offense*

*Revenge does little to bring healing; it simply fuels
the desire for more revenge.*

What Does Holding a Grudge
Do to Your Health?

"When we hold onto grudges and resentment, it's like drinking poison and expecting the other person to get sick," "It causes us to carry negative, tense energy in our biology."

By holding onto a grudge, we are
inviting hostility, resentment, and
anger to rule our lives.

Holding A Grudge Alienates
 Friends and Ruins Relationships

Hebrews 12:15

See to it that no one misses the grace of
God and that no bitter root grows up to
cause trouble and defile many.

*Holding A Grudge Lords
Authority Over Another*

Mark 6:17-19

15 When Joseph's brothers saw that their father was dead, they said, "What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him?"

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16 So they sent word to Joseph, saying, "Your father left these instructions before he died:

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17 'This is what you are to say to Joseph: I ask you to forgive your brothers the sins and the wrongs they committed in treating you so badly.' Now please forgive the sins of the servants of the God of your father." When their message came to him, Joseph wept.

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18 His brothers then came and threw themselves down before him. "We are your slaves," they said.

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19 But Joseph said to them, "Don't be afraid. Am I in the place of God?"

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20 You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

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21 So then, don't be afraid. I will provide for you and your children." And he reassured them and spoke kindly to them.

It is important to remember that forgiveness doesn't mean that you deny the hurt caused by another; it simply means you won't let the offense define you.

Proverbs 19:11

A man's wisdom gives him patience; it
is to his glory to overlook an offense.

Colossians 3:13

Bear with each other and forgive whatever
grievances you may have against one another.

Forgive as the Lord forgave you.

Three Ways We Destroy Our
Lives by Being Unforgiving:

1. Keys To Growth:
Blessings Follow Obedience

2. We Lose Sight of the Good Things God Has Set Before Us, Including Our Relationships.

3. We Lose Sight of the Freedom
Christ Bought for Us.

Ephesians 4:32

Forgive and Regain Your Sight

"When you hold grudges, your hands
aren't free to catch blessings."

Bible Study Follow Up Chat Questions:

1. What was your greatest takeaway from today's lesson?
2. What is the definition of a grudge?
3. What does holding on to our anger and grudges do?
4. Why did Esau hold a grudge against Jacob?
5. Why did Herodias hold a grudge against John?
6. Holding onto a grudge can significantly impact your mental and physical health and alienate friends and ruin relationships. How so?
7. List three ways we destroy our lives by being unforgiving.