



## Week 7 - Resentment - Points from the talk (5/4/22):

### Step Four: Made a searching and fearless moral inventory of ourselves

- **Re-sentire** = to feel again. Someone or something hurt us once, but then we replay it in our minds and hurt ourselves over and over again.
  - “*The number one offender*” (BB, 64)
  - Ecc 7:9
    - “*Be not quick to anger, for anger lodges in the bosom of fools*”
  - Eph 4:26
    - “*Be angry but do not sin. Do not let the sun go down on your anger, and do not give the devil a foothold.*”
  - Heb 12:14-15
    - “*Strive for peace with all men... See to it that no one fail to obtain the grace of God; that no 'root of bitterness' spring up and cause trouble, and by it many become defiled*”
- **Spiritually crippling to ourselves**
  - “*With the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit.*” (BB, 66)
  - Eph 4:30-31
    - “*do not grieve the Holy Spirit of God... Let all bitterness and wrath and anger and slander be put away from you, with all malice.*”
- **Charity and Compassion**
  - “*We realized that the people who offended us were perhaps spiritually sick.*” (BB, 66)
  - 1 Cor 13:5
    - “*Love is not... irritable or resentful*”
      - *Logizetai to kakon* = does not ‘keep account of wrongs’
  - Story of the young Jesuit with the Huron Indians.
- **Wisdom and Goodness**
  - Proverbs 19:11
    - “*Good sense makes a man slow to anger, and it is his glory to overlook an offense.*”
  - Romans 12:14
    - “*Bless those who persecute you; bless and do not curse them.*”

- Rom 12:17-21
  - “*Repay no one evil for evil, but take thought for what is noble in the sight of all. If possible, so far as it depends upon you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God; for it is written, ‘Vengeance is mine, I will repay, says the Lord.’ No, ‘if your enemy is hungry, feed him; if he is thirsty, give him drink; for by so doing you will heap burning coals upon his head.’ Do not overcome by evil, but overcome evil with good.*”
- **Mercy, Forgiveness and Reconciliation**
  - *Forgive us our trespasses as we forgive those who trespass against us.*
  - Col 3:8, 12-13
    - “*put them all away: anger wrath, malice, slander, and foul talk from your mouth... Put on then, as God’s chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience, forbearing one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.*”
  - Mt 5:21-24
    - “*You have heard that is was said to the men of old, ‘You shall not kill; and whoever kills shall be liable to judgment.’ But I say to you that every one who is angry with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council, and whoever says, ‘You fool!’ shall be liable to the hell of fire. So, if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift.”*

### **Week 7 - Discussion Questions:**

1. Have I experienced the crippling effects of resentment? Can you describe the effects?
2. Why do we hold onto resentment? Can there be a twisted type of prideful gratification or sick enjoyment in holding onto hurts or perceived hurts?
3. What other sinful behaviors can be a byproduct of resentment?
4. Have I experienced freedom from resentment? How did I gain this freedom?
5. What is the best way to overcome resentment?

### **Closing Prayer**

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.