

RESOLVING FEELINGS OF BITTERNESS AND RESENTMENT

Bring every thought into the obedience of Christ. -2 Cor. 10:5

Steps in overcoming feelings of bitterness or resentment toward circumstances or other people.

1. Do not permit yourself to become obsessed with the faults of others that impacted your life negatively. When thoughts of bitterness or resentment are allowed to take up residence in your mind, they will eventually consume you and paralyze you spiritually and emotionally. "Reasons do not produce resentment and bitterness. Attitudes do. We choose how we will react to negative circumstances and negative people" (Don Colbert).
2. Do not permit yourself to become obsessed with your own faults and weaknesses. Glance at your faults and weakness then gaze upon Jesus and His blessings in your life.
3. Seek divine strength to overcome feelings of bitterness and resentment. Forgiveness means putting another person squarely in the hands of God, and allowing God to work His justice in that person's life. It is trusting God to heal the wound inside. –Don Colbert
4. "Pray for those who persecute you." Through God's grace at work in your life, forgive those who have offended you. Then ask God to help you see those who have offended you through the eyes of Christ. When you understand the emotional dysfunctions the one who offended you is living with, it will allow you to respond to them with the heart of Christ.
5. Trust ALL of your circumstances and ALL the people who impact your life in a negative way to God. "*Be anxious for nothing, but in everything, by prayer and petition with thanksgiving let your requests be known to God.*" (Philippians 4:6-7) & "*It's ALL good!*" (Romans 8:28)

Faith is believing that God is in charge of all things and that we can rely on Him to do what is eternally best for each of us. Faith is the ultimate cure for fear. –Don Colbert
6. Stay focused on God & His CALL for your life. The devil is going to use circumstances and contrary people to sidetrack you in your daily walk with the Lord and doing the call He has given you. Tormenting you to obsess on contrary thoughts is a primary weapon in Satan's arsenal. The best response to the attacks of Satan through people or circumstances: "*I am doing a great work! Why should I leave it and come down to you?*" (Nehemiah 6:3)
7. Study the life of Christ to see how He related to the religious leaders who criticized and harassed Him daily. The Desire of Ages states that there were times when Christ came home after a long day of healing people and enduring the ridicule and criticism of the Pharisees that His mother and brothers thought He was going to die. But then Christ would go and spend hours in the presence of His Father and come back fully alive and full of power. Learn from His example.

If you own an apartment building and rent out space to gangsters, drug addicts, and robbers they will soon destroy your facility and lessen the value of your property. The same is true if you rent out space in your mind to resentment, bitterness, jealousy, anger and hatred. –Don Colbert