

(ABC's that threaten Christian living)

Resentment And Unforgiveness

By Dr. Gary M. Gulan, ©1986, (Rev. 99)

Timeless Truths (Why should I avoid resentment and unforgiveness?)

1. Christians are commanded to practice forgiveness toward other Christians, Eph. 4:32; Col. 3:13.
2. Christ left us an example of the act of forgiveness, Eph. 4:32; Col. 3:13.
3. Withholding forgiveness from someone who has repented of his sin, may cause him to be swallowed up in excessive sorrow, 2 Cor. 2:7.
4. Unforgiveness can allow Satan to have an advantage over us, 2 Cor. 2:10-11.
5. There is a blessing attached to forgiveness, Rom. 4:7-8 (Matt. 9:2).
6. Some occasions of physical suffering can be traced to unforgiven sin, Ja. 5:15-16.
7. Many times forgiveness is extended to us in the same manner we extend forgiveness to others, Lk. 6:37.

Practical Prescriptions (How can I avoid resentment & unforgiveness?)

1. Appropriate God's forgiveness into your own life!

"And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you." Eph. 4:32 (Acts 10:43)

2. Acknowledge your sin to the one you wronged!

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9.

3. Ask for forgiveness from those you have wronged!

"For what is it in which you were inferior to other churches, except that I myself was not burdensome to you? Forgive me this wrong!" 2 Cor. 12:13.

4. Actualize repentance in your life!

"...If your brother sins against you, rebuke him; if he repents, forgive him." Lk. 17:3-4.

5. Address conflicts before they destroy a relationship!

"Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do." Col. 3:13.

6. Affirm your love toward others which will repair a relationship!

"...You ought rather to forgive and comfort him, lest perhaps such a one be swallowed up with too much sorrow. Therefore I urge you to reaffirm your love to him." 2 Cor. 2:7-8.

"And above all things have fervent love for one another, for love will cover a multitude of sins." 1 Pt. 4:8

7. Apply forgiveness to the fullest extent!

"And you, being dead in your trespasses and the uncircumcision of your flesh, He has made alive together with Him, having forgiven you all trespasses." Col. 2:13.

"Then Peter came to Him and said, Lord how often shall my brother sin against me, and I forgive him? Up to seven times? Jesus said to him, I do not say to you, up to seven times, but up to seventy times seven (literally, over and over again, or limitless)." Matt. 18:21-22.