



2017 | the year of  
**H·O·P·E**

APR 23 - JUN 25

**HOPE FOR RELATIONSHIPS**

LEARN MORE at  
[www.the-grove.net](http://www.the-grove.net)



# GETTING BETTER AT LOVE by Curing our Resentment

Message by Pastor Kevin Cavanaugh  
Cedar Grove Church | June 11, 2017

## LEADER'S STUDY GUIDE



**WATCH FOR LEADER'S TIPS**

*“Love...keeps no record of wrongs.”*  
**1 Corinthians 13:5**

## The Cure for Resentment

1. **REVEAL** your hurt.

*No, I can't be quiet. I'm angry and I'm bitter. I have to speak.*  
Job 7:11

*Listen to my bitter complaint. Don't condemn me God.*  
Job 10:11

- Revealing your feelings is the beginning of healing.
- Reveal your hurt by writing a letter to God.
- Reveal your hurt by telling a friend.

2. **RELEASE** your offender.

*After Job prayed for his three friends, God made him prosperous again and gave him twice as much as he had before.* Job 42:10



**Why is releasing your offender important?** Because we become what we focus on. If you don't release them you're going to start to resemble them.

**Q:** How often do you have to do it?

*21 Peter asked Jesus, `Lord, how many times should I forgive my brother when he sins against me? Up to seven times?*

*22 Jesus answered, "I tell you, not seven times, but seventy-seven times. Matthew 18:21-22*

**The Point Is:** Forgiveness must be **CONTINUAL**.

3. **REFOCUS** your life.

*13 Put your heart right, Job. Reach out to God. 14 Put away evil and wrong from your home. 15 Then face the world again, firm and courageous. 16 Then all your troubles will fade from your memory, like floods that are past and remembered no more. Job 11:13-16 (GNT)*

- Put your **HEART** right.
- **REACH OUT** to God.
- **FACE** the world again.

*God blessed the last part of Job's life even more than He blessed the first." Job 42:12*

## DISCUSSION QUESTIONS



**Please have everyone pair up.** Once everyone has gone through the questions, ask two or three people by name if they would sharing just one of the questions they dealt with and answered tonight with your large group.

1. If you were to go home and write God a letter after this meeting what would the subject be?
2. What are 2-3 of the biggest questions you would be asking God to answer?
3. Why do you think it's so hard for us to tell God when we are angry at Him? Have you ever told Him?

4. Do you have a trusted spiritual friend that you can share your resentments with? If yes, do they help direct you back to Jesus?

- If you don't have a spiritual friend would you like one? Why not stop and pray together about that right now.

5. Agree or Disagree with these three statements:

- Revealing your feeling is the beginning of healing.  
*Agree / Disagree*
- We become what we focus on. *Agree / Disagree*
- If you don't release them you will resemble them.  
*Agree / Disagree*

6. What have you discovered about the continual nature of forgiveness, positives and negatives?



**Close by praying for the group.**

# NOTES

