

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. How would you define "simmering?" How would you define, "resentment?" Have you ever seen these two in action?

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. There are some physical effects that come from resentment. Dr. Carsten Wrosch, of Concordia University in Montreal, explains that resentment and bitterness interfere with our body's hormonal systems. This causes a majorly damaging effect through our entire body, much like extreme stress. Karen Swartz, M.D., director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital. "There is an enormous physical burden to being hurt and disappointed. Chronic anger puts you into a fight-or-flight mode, which results in numerous changes in heart rate, blood pressure and immune response. Those changes, then, increase the risk of depression, heart disease and diabetes, among other conditions. Forgiveness, however, calms stress levels, leading to improved health."

Do any of these physical effects surprise you?

Read Genesis 16.

3. What are your initial thoughts?
4. Can you find the chapter in the bible that God promised Abraham he would have many children? Where is it? Abraham was 75 years old when he received this promise.
5. Abraham and Sarai had been living in Canaan for 10 years...no child. Can you think of a time when you had to wait on God?
6. Why do you think Hagar started to treat Sarai with contempt?

7. What are your thoughts about this quote? "Having resentment is like peeing your pants. Everyone can see it, but only you can feel it." (Anonymous).
8. Compare your thoughts with Leviticus 19:17-18.
9. What are your thoughts about this quote? "Just because you feel offended doesn't mean you have to live offended." (Lysa Terkeurst). What is Jesus trying to tell us in Mark 11:25?
10. What did Sarai do, and how did her husband respond?
 - a. Do you think he could have responded better?
 - b. Read and compare the following scriptures to Sarai & Abraham's response: Hebrews 12:14-15, and 2 Timothy 4:14.
11. Abraham was 86 when Ishmael was born. Abraham was 100 when Isaac was born. Ishmael was 14 years older than Isaac. With these ages in mind, please read Genesis 21:8-21. What do you see in these verses?

Application

Below are some of the points or quotes shared in the message.
Discuss how they apply to your life.

- RESENTMENT DEFINITION: "Ressentir" is an old French word, = "*intense feeling.*" In English, it is resent = refers to feeling bitterness and indignation due to injustice or insult.
- It's easy to pick up on whether or not a person is a forgiving person or a bitter person. There are clues. You can hear the words coming out of their mouth to know their ability and capacity for grace.
- Refusing to forgive or holding on to bitterness can also hinder our prayer.
- "Forgiveness is the key that unlocks the door of resentment and the handcuffs of hatred. It is a power that breaks the chains of bitterness and the shackles of selfishness." - Corrie Ten Boom