

**Message Study Guide**

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

**Warming up**

1. What was your favorite pet and why?

**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. Do you let things, comments, or people, get "under your skin?" Have you found out that things bother you, longer than they should? Can you give an example?
3. Leviticus chapters, 1-17, talk about how to approach God. Leviticus chapters, 18-27, talk how to walk with God. Please read Leviticus 19:17-18. Why do you think God put this on the list? What are your thoughts about this verse?
4. John Piper said, "Satan seeks a gap called a grudge." How does a grudge affect our heart and spiritual life?
5. Timothy Keller said, "Holding a grudge against someone means you think you know what they deserve, and you take it upon yourself to give it to them." What do you think about this quote?
6. Samuel J. Hurwitt, said, "Never trust your tongue when your heart is bitter." Why is the true or not true?
7. What did Jesus say in John 13:34? How does this relate to grudges?
8. According to Romans 12:17-21, what are we to do when someone has wronged us?

- a. What is our part? What is God's part?
9. Dallas Willard said, "Our tormentors, no doubt, count on our resistance and anger to support their continuation of the evil that is in them. If we respond as Jesus indicates, the force of their own action pulls them off their stance and forces them to question what kind of people they are." Thoughts?
10. Please read Matthew 5:43-48. What is the goal of our love? Compare with Matthew 6:14-15; Proverbs 4:23; and Ephesians 4:31-32.
11. What do these verses say about our anger? Is there a wrong anger? What does it look like? How long should you be angry? Please read, James 1:19-20; Proverbs 29:11; and Proverbs 12:16.

### **Application**

**Below are some key points to take away from this study. Take time to discuss the points and pray together:**

- Don't allow Anger and Bitterness a foot-hold in your life.
- Forgive Quickly!
- Respond with KINDNESS to the person who has hurt us.
- LET IT GO!!!