



### **Message Study Guide**

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

#### **Warming up**

1. Do you hold grudges?

#### **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. Please read Mark 6:14-29. What are your initial thoughts about this passage?
3. Please read verse 19. How would you define a grudge? How is a grudge born?
4. Are you carrying any grudges right now?
  - a. Is it possible to carry a grudge and not know it?
  - b. Is there ever a "harmless" grudge?
5. Pastor Ruben said, "Grudges metastasize." In what ways have you seen people with a grudge that takes over their life?
  - a. How did it affect relationships?
6. 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 are your thoughts?
7. How is a grudge and anger related?
8. Pastor Ruben said, we do two things about internal anger, we either are overly confrontational or we internalize it. Which one do you do? Is it a problem for others?
9. Please read Leviticus 19:18. A bible scholar said this, "The sense of this verse is that one ought not to keep alive the memory of another's offense against him." Is there a grudge in your life that you are keeping alive? What is it?
10. Pastor Ruben said, "Never trust a tongue that has a bitter heart." Compare this with Luke 6:45. What does this mean to you?
  - a. Do you have a bitter heart?



11. How do these two verses help us to battle grudges? Please read Matthew 5:44; and Ephesians 4:32. How do you apply these two verses to your life? is it easy or hard? Explain.
12. Let go of your grudge to God today. Tell others what grudge you're going to surrender to God.

### **Application**

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

- "The worst and most dreadful punishment of sin is the havoc it works in character—the loss of sensitivity, the seared and hardened conscience."  
- JD Jones
- People love to hear the truth about others, but not about themselves.
- Bore a Grudge: "To hold in, or hold upon"
- "Holding a grudge against someone means you think you know what they deserve, and you take it upon yourself to give it to them." - Timothy Keller
- "Satan seeks a gap called a grudge." - John Piper
- "The sense of this verse is that one ought not to keep alive the memory of another's offense against him." Baruch A. Levine, JPS Torah Commentary
- "Salome stood by her mother and showed that she was as ruthless in disposing of an enemy as her grandfather Herod the Great. She was the lion's cub" - Bible Scholar
- Ephesians 4:32 (NLT) 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.
- LET IT GO!