



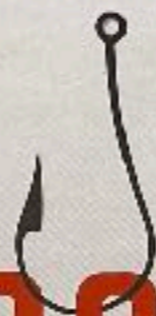
Welcome!

North church of Christ



SNAGGED

Interactive Space



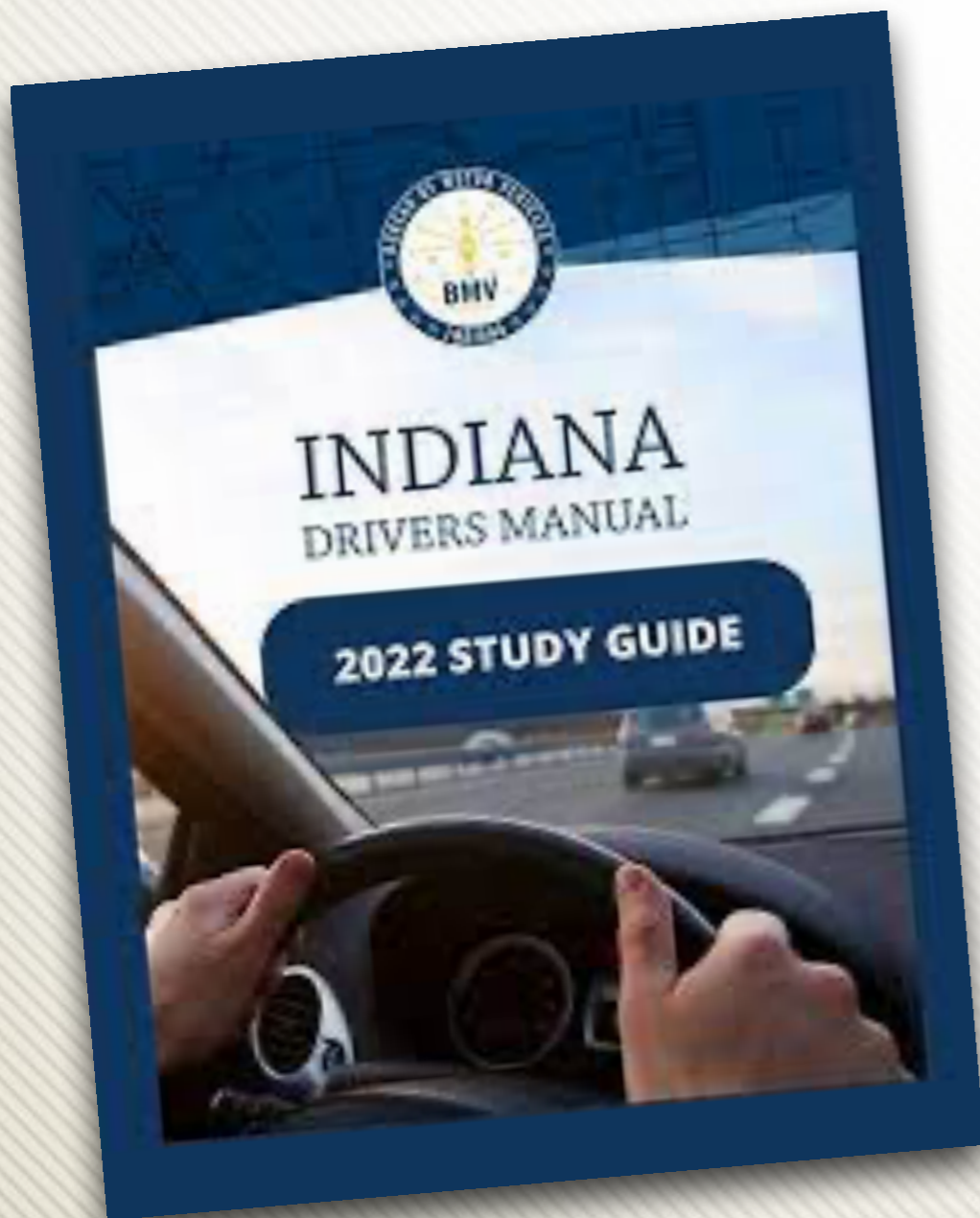
SNAGGED

HERE'S SOME ENCOURAGEMENT & WISDOM FROM BROTHERS & SISTERS
WHO HAVE WRESTLED WITH WORRY, ANGER & RESENTMENT.

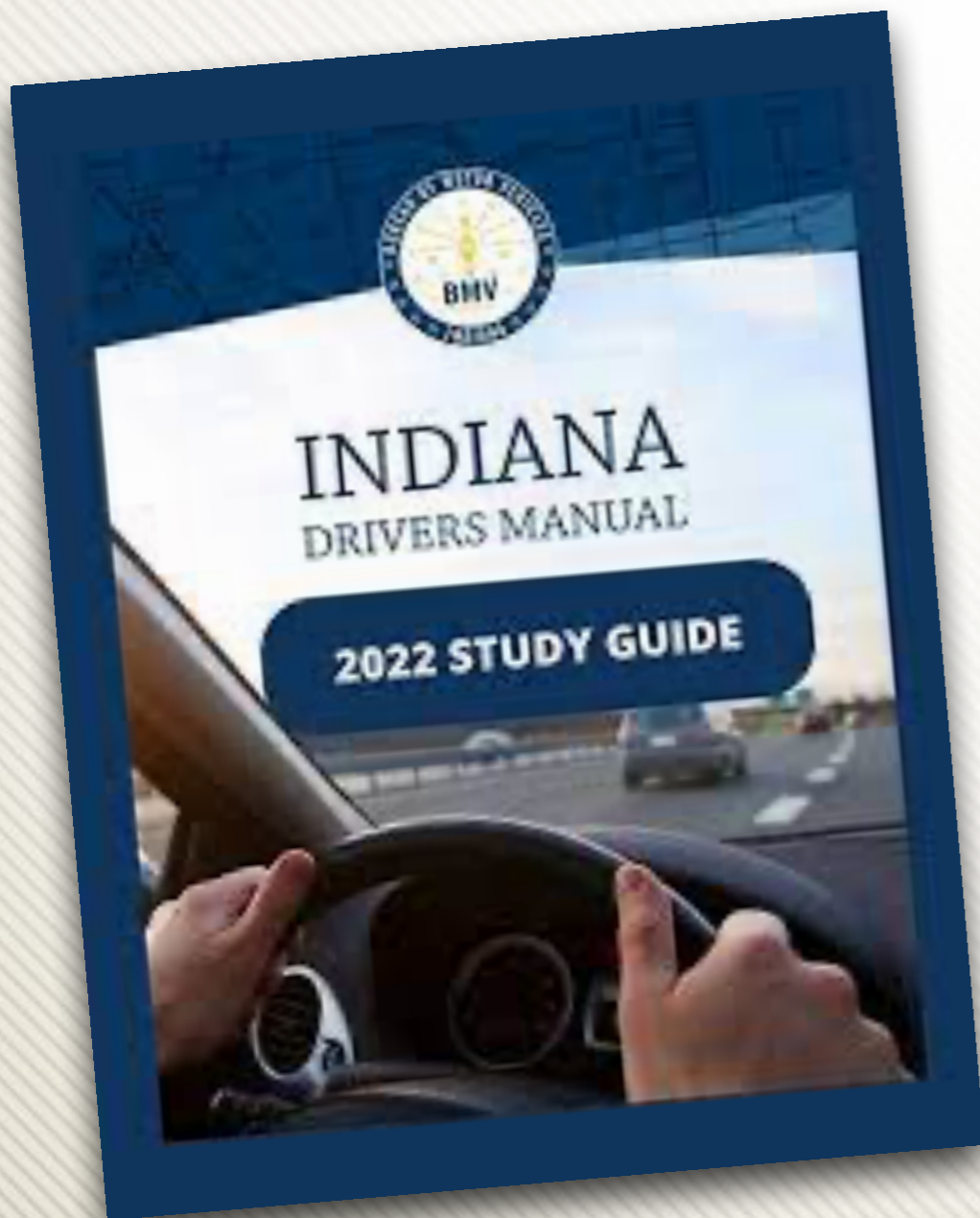




RESENTMENT



Navigating Anger



**Navigating
Anger**



**Healing
Resentment**

Why D-Day Changed the War A Critical European **Foothold**



**Ephesians
4:26-27**

A close-up photograph of a man's face, showing a pained or disgusted expression. He has his eyes squeezed shut and his mouth is open, holding a whole yellow lemon. The background is a light gray color with a pattern of small, dark gray triangles. The text "Get rid of 'bitterness'" is overlaid on the top half of the image.

Get rid of
“bitterness”

**Ephesians
4:31-32**

Bitterness is like...

“...cancer. It eats upon the host.”

— Maya Angelou —

**“...taking poison, and waiting for
the other person to die.”**

— Malachy McCourt —

**“If you don’t cut out
your resentments, I
may have to cut out
your intestinal tract.”**





Bitterness is like...



Others



Others



Situation



Others



Situation



Yourself

A photograph showing two people sitting on a wooden bench in a field, viewed from behind. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The people are wearing winter clothing, including jackets and scarves. The background consists of a grassy field and a fence line in the distance.

Talk with Them!



Get to the Root

Avoidance

IS NOT

Forgiveness

“I forgive you.”

**EXTENDING FORGIVENESS &
RECONCILIATION PERSONALLY**

Forgiveness is NOT

- *saying it's okay*
- *agreeing to make yourself vulnerable to them*
- *minimizing the hurt*
- *excusing from responsibility*

Let all bitterness and wrath and anger
and clamor and slander be put away
from you, along with all malice.

Ephesians 4:31

English Standard Version



Be kind to one another, tenderhearted,
forgiving one another, as God in Christ
forgave you.

Ephesians 4:32

English Standard Version



Love ... is not resentful.

1 Corinthians 13:4-5

English Standard Version



And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.

Mark 11:25

English Standard Version



“Father forgive them. Don’t hold this against them.”

“Father, please bless them with your grace and goodness.”

**A TENDER, MERCIFUL
HEART BEFORE GOD**

**“May the Lord
judge between
me and you”**

David, 1 Sam. 24:12, Rom. 12:17-21

“Follow Me.”



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