

LET IT GO!
Ephesians 4:31-32
Ron Baum ■ 11/27/2022

“I don't care anymore”

Here is the thing about resentment:

1. Resentment is UNREASONABLE.

Job 5:2 "To worry yourself to death with resentment would be a foolish, senseless thing to do."

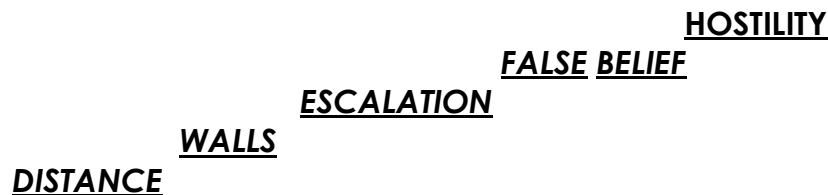
Eccl. 7:9 says "It's foolish to harbor a grudge."

2. Resentment is UNHELPFUL.

Job 18:4 You who tear yourself to pieces in your anger,

3. Resentment is UNHEALTHY.

Job 21:23-25 "Some men stay healthy till the day they die ... others have no happiness at all; they live and die with bitter hearts."



I. LET IT GO!

Ephesians 4:31-32 (NLT) ³¹Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

How? When someone has hurt us HOW do we let it go?

1. LET IT GO by choosing not to GET EVEN.

Romans 12:17 (NLT) Never pay back evil for evil to anyone. Do things in such a way that everyone can see you are honorable.

2. LET IT GO by choosing not to KEEP SCORE.

1 Cor. 13:5 (NLT) Love... keeps no record of when it has been wronged.

3. LET IT GO by choosing no STRINGS.

Romans 11:6 (NLT) And if they are saved by God's kindness, then it is not by their good works. For in that case, God's wonderful kindness would not be what it really is—free and undeserved.

First thing is Mercy - not giving someone what they do deserve.

Second thing is Grace - giving someone something they don't deserve.

4. LET IT GO by choosing new BEHAVIORS.

Ephesians 4:32 (NLT) ³²Instead, be kind to each other, tenderhearted, forgiving one another....

5. LET IT GO by choosing not to FORGET.

II. FORGET? NO, REMEMBER!

Remember what?

1. Remember what was done FOR you rather than TO you.

Ephesians 2:12-14 (NLT) ¹²Remember, in those days you were living apart from Christ...You lived in this world without God and without hope. ¹³But now you have been united with Christ Jesus. Once you were far away from God, but now you have been brought near to him through the blood of Christ ¹⁴For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us.

*Ephesians 4:32 (NLT) Instead, be kind to each other, tenderhearted, forgiving one another, **just as God through Christ has forgiven you.***

2. Remember to go FIRST.

Matthew 5:9 (NIV) ⁹Blessed are the peacemakers, for they will be called children of God.

3. Remember to REPEAT IT over and over.

Matthew 18:21-22 (NLT) Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" {22} "No!" Jesus replied, "seventy times seven!"