

FIRST BAPTIST CHURCH SUBANG JAYA

DEALING WITH ISSUES OF UNFORGIVENESS AND BITTERNESS

Pastor Raymond Raj Ponnuthurai





**Unforgiveness
causes distress
that brings
issues like
depression and
insecurity to the
surface.**



THE PRISON OF UNFORGIVENESS

**A Christian Counselor's Perspective on
Forgiveness**


Amanda Rowett, MA, LMHC

**"UNFORGIVENESS
SPREADS LIKE CANCER"**

Unforgiveness is connected to high blood pressure, weakened immune systems, and even cardiovascular problems.



**Unforgiveness is
a sin that defiles
us.**



Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

HEBREWS 12:14-15 (NIV)

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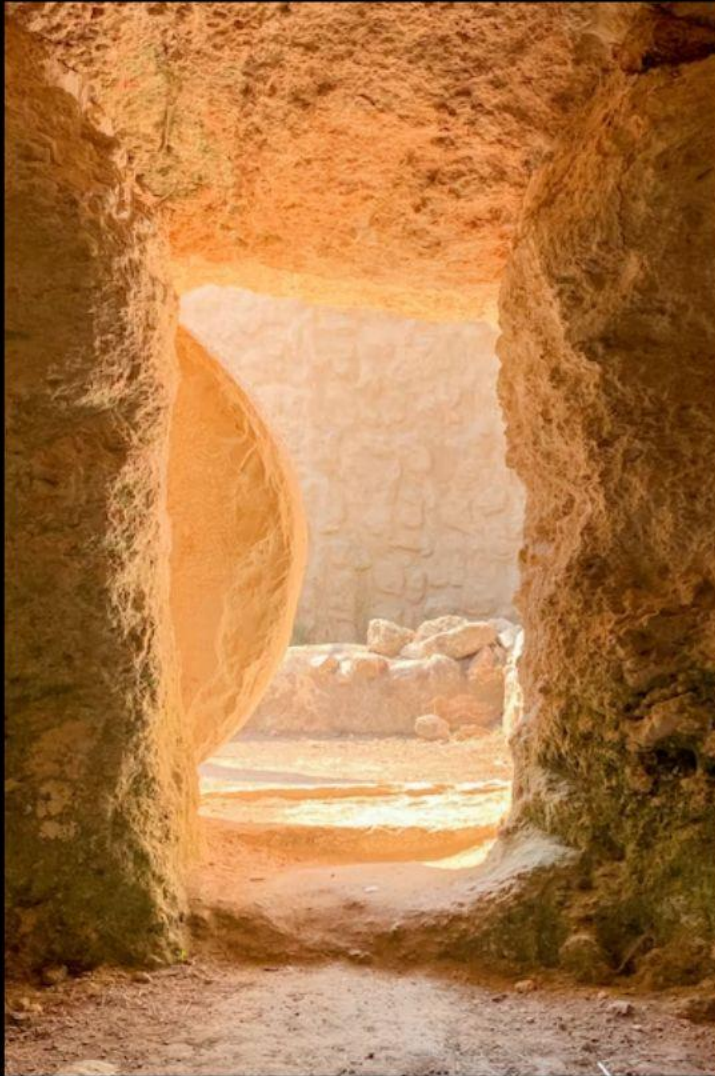
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**Almost always,
forgiveness
feels impossible
to do because of
deep wounds or
ongoing wrongs
that people
have done to us.**



By God's grace, we
can surrender our
anger or
resentment, and
learn to forgive
others like how
Jesus forgives
people.



Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

COLOSSIANS 3:13 (NIV)



If we do not
practice **the**
character of Christ
to forgive and
move on,
bitterness will
begin to brood in
us.



RETELLING HURTS

The Furnace of Resentment

People garner the sympathy and support of listeners only to push themselves further into their furnace of resentment.

Looking for More Reasons

Soon, they look for other reasons to dislike the person even more. As they look for reasons, they sometimes find real reasons. Other times, they may imagine reasons.

A Thick Wall of Bitterness

Every new piece of information or reason they think of fuels hate and adds to the thickness of the wall of bitterness within.



FOOLING YOURSELF

Anger and Resentment

They have a way of seeping into every area of our being even to the extent of causing psychosomatic issues

Resentment is a Beach Ball

No matter how we try to submerge it in the water, it pops up with all its vitality, splashing everyone around.



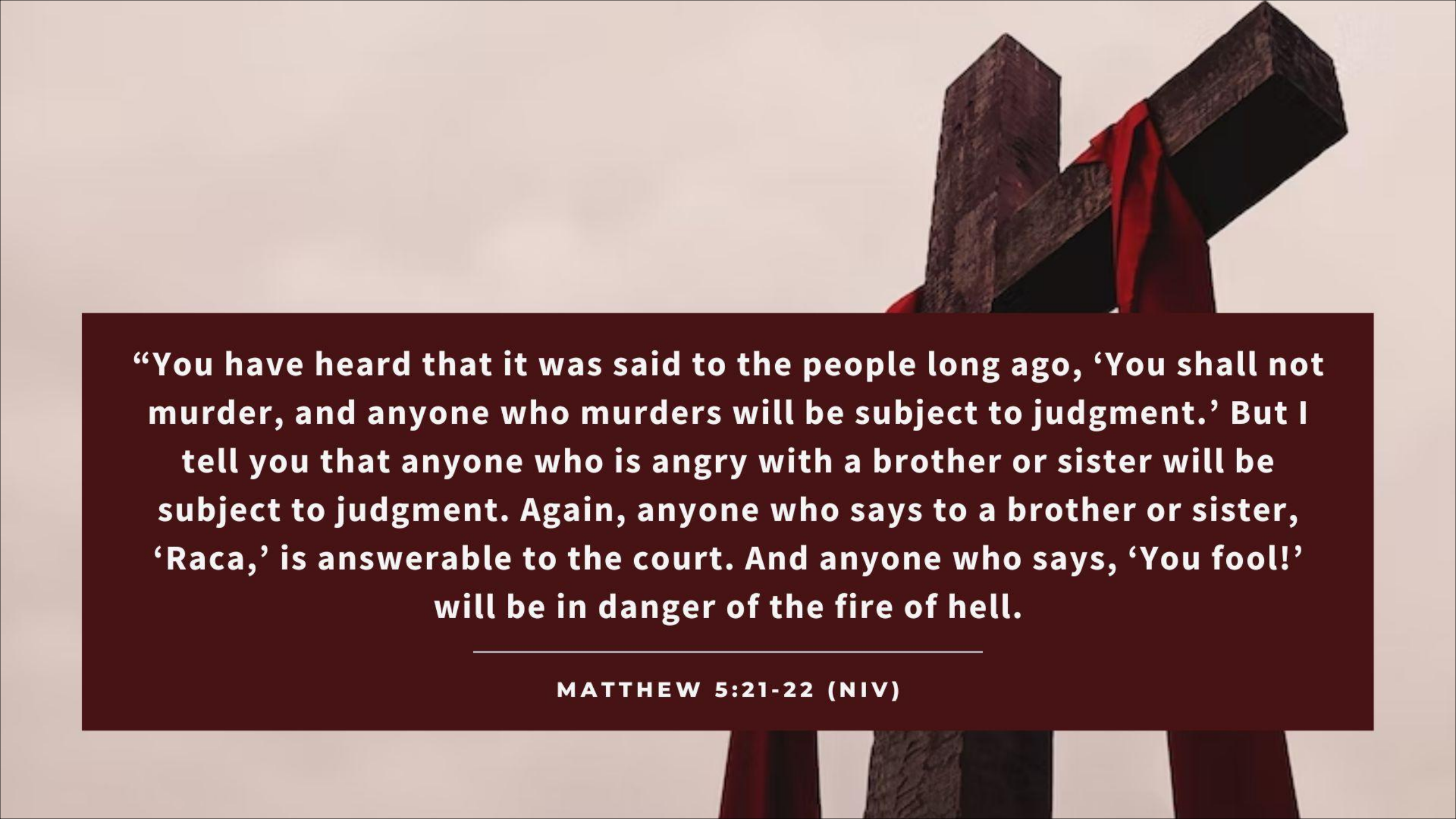
Resentment is a beach ball. No matter how we try to submerge it in the water, it pops up with all its vitality, splashing everyone around.



CONQUERING RESENTMENT
THE COMMON THREAD
DEVASTATING RELATIONSHIPS

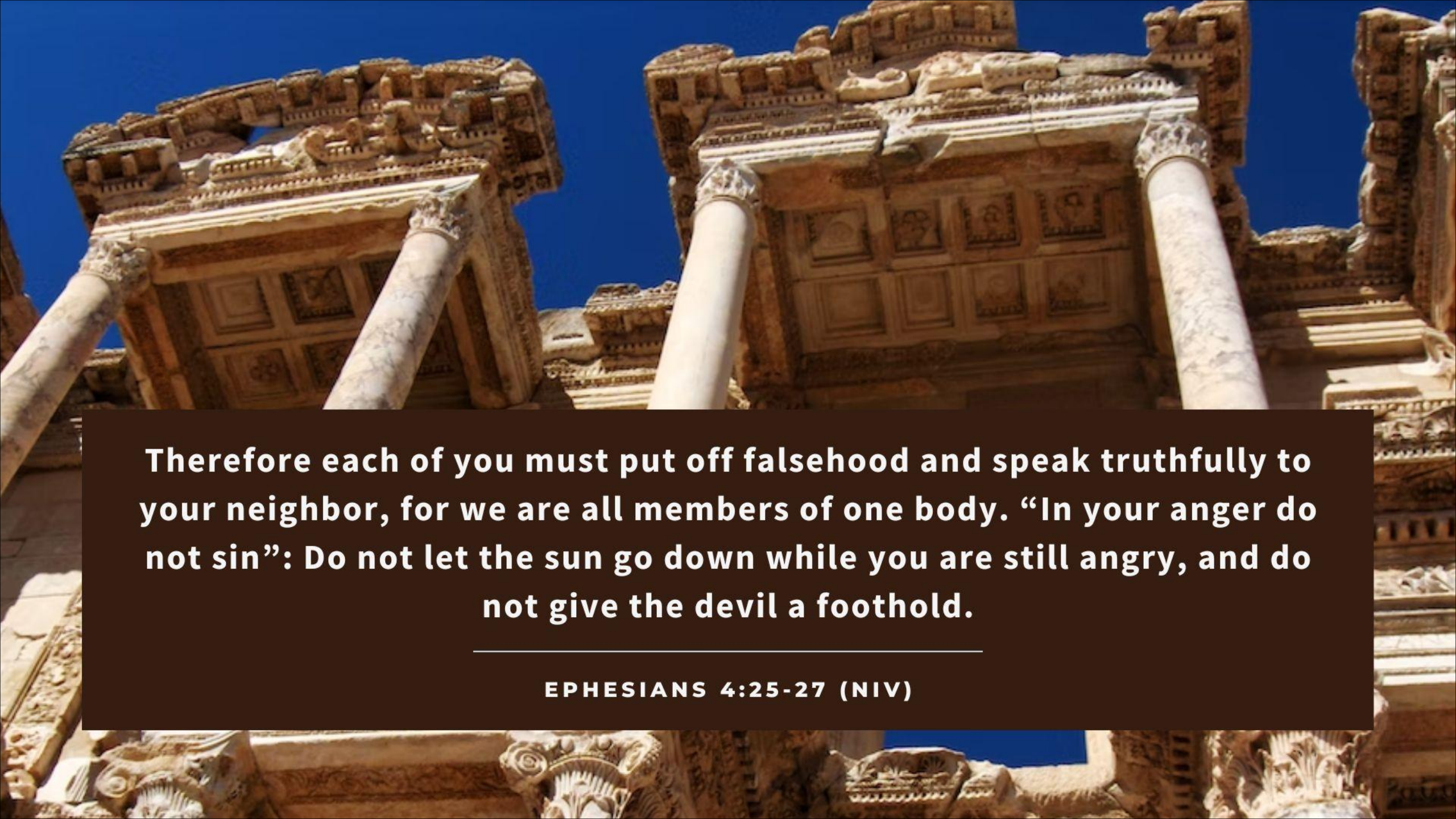
RESENTMENT: THE CANCER OF EMOTIONS

Vermont Avenue Baptist Church
vabcnwdc.org/conquering-resentment



“You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.

MATTHEW 5:21-22 (NIV)



Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

EPHESIANS 4:25-27 (NIV)



**How we
respond to our
anger is what
matters.**



**Holding on to
that anger is
what
constitutes sin,
hatred, and
bitterness that
defiles us.**



While it looks like we are unable to forgive, sometimes **we need to face the fact that we are just unwilling to forgive.**



FORGIVE

"Fore" Comes from Before

Fore comes from the word *before*, something that is done or given **in advance**.

Give It Before They Ask

To forgive means we are to forgive our offender even before they ask for forgiveness or apologise to us.

...and he finds it? ⁵ When he has found it, he
neighbors together, saying to them, 'Rejoice with me, because I have found
my lost sheep!' ⁷ I tell you, in the same way, there will be more joy in heaven
over one sinner who repents than over ninety-nine righteous people who
don't need repentance.

THE PARABLE OF THE LOST COIN

⁸ "Or what woman who has ten silver coins, ^{8,c} if she loses one coin, does
not light a lamp, sweep the house, and search carefully until she finds it?
⁹ When she finds it, she calls her friends and neighbors together, saying, 'Re-
joice with me, because I have found the silver coin I lost!' ¹⁰ I tell you, in the
same way, there is joy in the presence of God's angels over one sinner who
repents."

THE PARABLE OF THE LOST SON

¹¹ He also said

So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. "The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'

LUKE 15:20-21 (NIV)

^a15:4 Or the wilderness
to a Roman denarius

^b15:8 Gk ten drachmas

...and was filled with compassion. He ran, threw his
...workers."

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“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

MATTHEW 5:23-24 (NIV)



**Forgiveness is
not **excusing or
condoning** the
wrong that was
done.**



**Forgiveness is
not forgetting
or pretending
that the wrong
never
happened.**



Sometimes even,
forgiving is **not**
necessarily reconciling
with the person who has
wronged us because
sometimes, reconciling
is not advisable.



**Forgiveness is a
decision to let go
of resentment and
anger towards the
person who
wronged us.**



**“Forgiveness is
giving up my
right to hurt you
for hurting me.”**

Archibald D. Hart



FORGIVE

Heal

Forgiveness brings healing and peace to our hearts and minds.

Move On

Forgiveness helps us move on from the past and build healthier relationships in the present.

Show Jesus

Forgiveness reflects the love and grace that God has shown us in Jesus Christ.



**Forgiveness
is a choice
of the will.**



Forgiveness is ultimately the work of God's Spirit within us as we rely upon his help and power.

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