



***Sermon-based small groups connect the week to the weekend!***

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** People Problems - No Room for Resentment, 6/4/23 - Resentment starts small. By holding onto hurt, embarrassment, disappointment, frustration, and anger, we create fertile ground for resentment to thrive. It's ugly and messy. But with a few simple keys and intention, we can experience freedom. (*Passages: Genesis 37 & 45, Proverbs 16:24, Romans 8:28, Philippians 4:8*)

**Discussion Questions:** Take your time and dig into these questions.

Is it easier to hold onto old wounds, or to forgive? How does maintaining resentment affect your attitude? Your people? Your future? Is it hard to see when you've been stuck in it yourself?

Read Genesis 37. What stands out to you in this passage? Why?

Joseph's brothers had to deal with some unfair circumstances. It was hurtful to feel second best all the time. What do Joseph's brothers finally decide to do to him? Is it justified? The ugly, complex response evoked isn't equal to the hurt that caused it all. It doesn't fix or even address the source. Can you think of better ways his brothers could have handled their hurt?

Resentment grows when there is a lack of communication about the true issue. When assumptions are made and past wounds are held onto, it grows and taints life. Nurturing resentment takes an incredible amount of focus and energy. Read through and discuss Genesis 45.

Joseph forgave his brothers, even though they didn't apologize. Furthermore, he insisted they didn't feel guilty or fight about the past. And he promised to provide for them. What lessons can we take away from Joseph's actions?

We can start practicing with the little stuff. Keep short accounts; forgive fast and often. See the good and use kind words. Pray and repent of living in resentment. Start communicating kindly. And trust that even if we can't see God working, He is.

**Group Challenge:** Put Philippians 4:8 into action, and make a list of good things to focus on.