

# Talking Points

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## Let Go and Let God!

### Releasing the Bitterness and Resentfulness in Your Problems—(Part 2 of 4)

**Keys to releasing your problems to God** ---- As you continue on in seeing where God is working in relation to your problems, as we mentioned in part one of this study, often you have A BIGGER PART OF THE PROBLEM THAN YOU REALIZE, and you can ALSO BE A BIG PART OF THE SOLUTION!

- 1) **Learn Forgiveness in the Situation** ---- THIS IS A BIG PART TO MOVING FORWARD! Why, might you say? See what Benjamin Franklin had to say about unforgiveness and resentment in an unforgiving heart. Know you can be stuck in this season and block God's blessing for years if you do not forgive and let go of the bitterness in your heart!
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#### **Grabbing Rattlesnakes** ---- Inspired by Benjamin Franklin

*A person who harbors unforgiveness always loses.* Regardless of how wrong the other person may have been, refusing to forgive means reaping corruption in life. And that corruption begins in one relationship—including the relationship with God and works its way into all the rest of your life.

*Holding onto hurt is like grabbing a rattlesnake by the tail; you are going to be bitten.* As the poison of bitterness works its way through the many facets of your personality, death will occur—death that is more far-reaching than your physical death, for it has the potential to destroy those around you as well.

Have you been hurt? Has somebody, somewhere in your past, rejected you in such a way that you still hurt when you think about it? Do you become critical of people in your past the minute their names are mentioned? Did you leave home as a child or a college student with great relief that you were leaving, swearing you would never return?

Whatever your situation, whatever has happened in your past, remember that you are the loser if you do not deal with an unforgiving spirit. And the people around you suffer, too.

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#### **Because of resentment and unforgiveness you may:**

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| a) <b>Be blocking God's help in the problem</b> | d) <b>Be blocking God's protection</b>                |
| b) <b>Not able to see the problem clearly</b>   | e) <b>Not see clearly the solution to the problem</b> |
| c) <b>Not hear God's guiding whispers</b>       | f) <b>Generally speaking: missing God's blessings</b> |

Learn to release to God any resentment in your heart and raw emotions of the pain or the hurt of long ago, so you won't BLOCK GOD'S HELP in moving forward. It's very important that you LET IT GO, AND LET GOD BE THE JUDGE and JURY. Know it's not your job, rather its God's job to even up the score in an unjustness or unfair world! BE ENCOURAGED TO SAY SIMPLE PRAYERS, GIVING GOD YOUR HURT AND UNJUST AREAS OF LIFE. LEARN TO LET GOD FIGHT YOUR BATTLES. Your job is to stay out of the way BEING PRO-ACTIVE WITH HIM IN YOUR PROBLEMS.

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### Releasing the Bitterness and Resentfulness in Your Problems—(Part 2 of 3)

- 2) **Learn to dodge the mudslinging** ---- This is the skillful art of hearing, seeing and feeling the situation unfold in front of you, HOWEVER to NOT ENGAGE in any NEGATIVE DESTRUCTIVE FEEDBACK. Often the WISE MATURE RESPONSE is to RISE ABOVE the SITUATION, so to speak, and to not respond in anger, in the heat of the moment! NO ANSWER IS AN ANSWER, and TIMING IS VERY IMPORTANT!

#### Jesus Calling ---- Book Quote June 16th

*“Stay on the high road with Me. Many voices clamor for your attention, trying to divert you to another path. But I have called you to walk ever so closely with Me, soaking in My Presence, living in My Peace. This is my unique design for you, planned before the world began.*

*I have called each of my children to a different path, distinctly designed for that one. Do not let anyone convince you that his path is the only right way. And be careful not to extol your path as superior to another’s way. What I require of you is to act justly, to love mercy, and to walk humbly with Me---wherever I lead.”*

- 3) **Learn that its important how you say it** ---- Learn OFTEN it’s NOT WHAT YOU SAY, it is HOW YOU SAY IT! You reply may be right and accurate; however, with NO LOVE IN YOUR TONE, you’ll LOSE EVERYTIME. Again, YOU CAN BE RIGHT; however a HARSH ANSWER LOSES EVERY TIME and know that HURTFUL TONES and WORDS CAN TAKE YEARS to RECOVER FROM! Be encouraged, because as you learn to keep your tone in check and relax in the heat of the moment, God will honor your efforts.

**“A gentle answer turns away wrath, but a harsh word stirs up anger.”** Proverbs 15:1 (NIV)

**“You, therefore, have no excuse, you who pass judgement on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgement do the same things”.** Romans 2:1 (NIV)

#### Challenging questions to ponder:

- 1) Stop and think about it for a moment. Do you feel you are doing any sort of mudslinging? Or a situation where you try to win an all cost? Briefly Explain. \_\_\_\_\_  
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- 2) Can you see God working in any areas of your problems? \_\_\_\_\_  
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3) What can you do in your current list of problems to be pro-active with God for a better outcome? \_\_\_\_\_

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4) What might be your part of a problem which you need to own, or admit? \_\_\_\_\_

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***“...a man will always reap just the kind of crop he sows! If he sows to please his own wrong desires, he will be planting seeds of evil and he will surely reap a harvest of spiritual decay and death; but if he plants the good things of the Spirit, he will reap the everlasting life that the Holy Spirit gives him. And let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don't get discouraged and give up. That's why whenever we can, we should always be kind to everyone, and especially to our Christian brothers.” Galatians 6:7b-10 (TLB)***