

## **ARE YOU MAD AT GOD?**

**PROVERBS 19:3 NASB**      *The foolishness of man ruins his way, And his heart rages against the LORD.*

**PSALMS 13:1-2 NLT**      *A PSALM OF DAVID. O LORD, how long will you forget me? Forever? How long will you look the other way? <sup>(2)</sup>How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?*

**PSALMS 13:5-6 NLT**      *But I trust in your unfailing love. I will rejoice because you have rescued me. <sup>(6)</sup>I will sing to the LORD because he is good to me.*

## **ARE YOU DISAPPOINTED IN GOD?**

**JOHN 11:21-22 NLT**      *Martha said to Jesus, “Lord, if only you had been here, my brother would not have died. <sup>(22)</sup>But even now I know that God will give you whatever you ask.”*

**JOB 2:9-10 NLT**      *His wife said to him, “Are you still trying to maintain your integrity? Curse God and die.” <sup>(10)</sup>But Job replied, “You talk like a foolish woman. Should we accept only good things from the hand of God and never anything bad?” So in all this, Job said nothing wrong.*

**ROMANS 5:3-5 NLT**      *We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. <sup>(4)</sup>And endurance develops strength of character, and character strengthens our confident hope of salvation. <sup>(5)</sup>And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.*

## **ARE YOU PLAYING GOD?**

**JAMES 3:14-16 NLT**      *But if you are bitterly jealous and there is selfish ambition in your heart, don't cover up the truth with boasting and lying. <sup>(15)</sup>For jealousy and selfishness are not God's kind of wisdom. Such things are earthly, unspiritual, and demonic. <sup>(16)</sup>For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.*

**JAMES 3:13 NLT**      *If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom.*

## **THINK & DISCUSS:**

1. What are you mad at?
2. What are you disappointed in?
3. How often do you find yourself living life based on selfish ambition?

## **MY STEP: Review all 6 steps!**

# THE GRUDGE

FREEDOM IN FORGIVENESS

## 6 STEPS OF THE FORGIVENESS PROCESS

**Step 1:** Thank God for Forgiving me

**Ask:** "Do I have any unconfessed sin in my life?"

**Step 2:** What offenses do I need to Forgive

**Ask:** "Who do I need to forgive and for what?"

**Step 3:** Repent of my Unforgiveness

**Ask:** "God please forgive my unforgiveness?"

**Step 4:** I choose to Forgive from my Heart

**Say:** "God, I choose to forgive Name from my heart for offense."

**Ask:** "Lord, is there anything else I need to forgive Name for?"

**Say:** "I declare Name is no longer in my debt. I transfer their debt to God."

**Step 5:** Ask God to bless them

**Ask:** "Lord, please bless Name, and help me find a way to bless them."

**Step 6:** Commit to Not Remember

When the memory comes:

**Say:** "I remember forgiving that!"

**Say:** "Praise God for the freedom forgiveness brought me."

**Say:** "Bless the person I forgave again!"

**Pray:** "Please God, pave the way for reconciliation."