

"Many of our hearts are swollen with the poison of years-old resentment because we've refused to allow Christ to pull out the thorns."

- Anonymous

Biblical Psychology 101

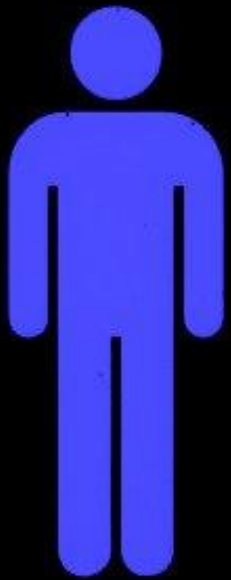


God's prescription for emotional and
spiritual stability

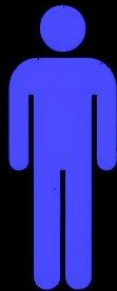
Resentment

Resentment

Improper way of responding to past injuries



God



Joseph
joseph

Joseph

Focused on God

A "vertical thinker"

Joseph

Genesis 37

Sold into slavery by his own brothers

Joseph

Genesis 39

Imprisoned under false pretense

Joseph

Genesis 40

Interpreted dreams of two other prisoners

Joseph

Genesis 41

Interpreted dream of Pharaoh

Joseph

Genesis 42

Jacob sent his sons to Egypt to find food

Joseph

Genesis 43-44

Joseph tested his brothers

Joseph

Genesis 45

Genesis 45:1-3

Then Joseph could not restrain himself before all those who stood by him, and he cried out, "Make everyone go out from me!" So no one stood with him while Joseph made himself known to his brothers. And he wept aloud, and the Egyptians and the house of Pharaoh heard it. Then Joseph said to his brothers, "I am Joseph; does my father still live?" But his brothers could not answer him, for they were dismayed in his presence.

Genesis 45:5-8

"But now, do not therefore be grieved or angry with yourselves because you sold me here; for God sent me before you to preserve life. For these two years the famine has been in the land, and there are still five years in which there will be neither plowing nor harvesting. And God sent me before you to preserve a posterity for you in the earth, and to save your lives by a great deliverance. So now it was not you who sent me here, but God; and He has made me a father to Pharaoh, and lord of all his house, and a ruler throughout all the land of Egypt."

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Genesis 45:9-11

"Hurry and go up to my father, and say to him, 'Thus says your son Joseph: "God has made me lord of all Egypt; come down to me, do not tarry. You shall dwell in the land of Goshen, and you shall be near to me, you and your children, your children's children, your flocks and your herds, and all that you have. There I will provide for you, lest you and your household, and all that you have, come to poverty; for there are still five years of famine.'"

Genesis 45:14-15

Then he fell on his brother Benjamin's neck and wept, and Benjamin wept on his neck. Moreover he kissed all his brothers and wept over them, and after that his brothers talked with him.

Genesis 45:22-24

Then the sons of Israel did so; and Joseph gave them carts, according to the command of Pharaoh, and he gave them provisions for the journey. He gave to all of them, to each man, changes of garments; but to Benjamin he gave three hundred pieces of silver and five changes of garments. And he sent to his father these things: ten donkeys loaded with the good things of Egypt, and ten female donkeys loaded with grain, bread, and food for his father for the journey. So he sent his brothers away, and they departed; and he said to them, "See that you do not become troubled along the way."

Joseph

Genesis 46-49

Joseph insisted that the family move to Egypt where he could provide for them

Joseph

Genesis 50

Jacob died

Genesis 50:15

When Joseph's brothers saw that their father was dead, they said, "Perhaps Joseph will hate us, and may actually repay us for all the evil which we did to him."

Genesis 50:16-18

So they sent messengers to Joseph, saying, "Before your father died he commanded, saying, 'Thus you shall say to Joseph: "I beg you, please forgive the trespass of your brothers and their sin; for they did evil to you."' Now, please, forgive the trespass of the servants of the God of your father." And Joseph wept when they spoke to him. Then his brothers also went and fell down before his face, and they said, "Behold, we are your servants."

Genesis 50:19-21

*Joseph said to them, "Do not be afraid, for am I in the place of God? But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive. Now therefore, do not be afraid; I will provide for you and your little ones."
And he comforted them and spoke kindly to them.*

Genesis 50:19-21

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Genesis 50:20

"The 50-20 Principle"

"...you meant evil against me; but God meant it for good..."

Five ways to avoid resentment

**Accept that your circumstances may be
directly from God**

Five ways to avoid resentment

Think offensively, not defensively

Five ways to avoid resentment

**Consider the other person's
point of view**

Five ways to avoid resentment

**Stay positive and search for
God's lessons**

Five ways to avoid resentment

**Discover ways to show kindness to
the other person**

Romans 12:17-21

Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. Therefore, "If your enemy is hungry, feed him; if he is thirsty, give him a drink; for in so doing you will heap coals of fire on his head." Do not be overcome by evil, but overcome evil with good.

Matthew 5:43-48

"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you greet your brethren only, what do you do more than others? Do not even the tax collectors do so? Therefore you shall be perfect, just as your Father in heaven is perfect."

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"To err is human, to forgive is divine"

- Alexander Pope

Luke 23:34

*"Father, forgive them for they know not
what they do."*



*"Resentment is like drinking
poison and then hoping
someone else will die."*

Matthew 6:9-13

"In this manner, therefore, pray: Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."

Matthew 6:14-15

"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

