

DIRTY

Confronting the sins that pollute our character and cloud our witness

Week 3: Resentment - Poison in the Heart

Ephesians 4:26–27 (NIV): “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.”

Hebrews 12:15 (NIV): “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.”

1: Resentment Starts Small but Spreads Fast

Hebrews 12:15

- A grudge can start with one _____ moment.
- Bitterness grows roots when we don't deal with the _____.
- What stays _____ doesn't die—it multiplies.

2: Resentment Gives the Enemy Room to Operate

Ephesians 4:26–27

- Anger isn't sin—but _____ onto it becomes sin.
- The longer you hold it, the more you give the devil a _____.
- A _____ spirit becomes a breeding ground for spiritual defeat.

3: Resentment Damages Your Witness and Your Worship

Matthew 5:23–24

- You can't _____ freely when your heart is full of offense.
- Resentment makes it hard to love _____.
- God cares just as much about the _____ behind the praise as the words in the song.

R.A.P. Challenge (Reflect – Act – Pray)

Reflect: Who have I not forgiven—out loud, before God?

Act: Take one step this week toward healing or releasing them.

Pray: “Lord, uproot the bitterness in me. Heal what I've hidden. Help me forgive like You forgive.”