



**SEVEN**  
 Pt. 2 – “How To Get Over Your  
 Biggest Hurt From Last Year”  
 January 14<sup>th</sup>, 2018  
 Pastor Todd Tolson

**IF YOU \_\_\_\_\_ WITH \_\_\_\_\_, YOU'RE IN  
 GOOD COMPANY.**

*“Cain and his wife had a son and named him Enoch. Then Cain built a city and named it after his son. Enoch had a son named Irad, who was the father of Mehujael, and Mehujael had a son named Methushael, who was the father of Lamech.”*  
 Genesis 4:17-18 (GN)

**UNRESOLVED RESENTMENT NEVER \_\_\_\_\_, IT JUST GETS  
 \_\_\_\_\_.**

*“Look after each other so that not one of you will fail to find God’s best blessings. Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives.”*  
 Hebrews 12:15 (LB)

*“Lamech married two women. The first was named Adah, and the second was Zillah. Adah gave birth to Jubal, who was the first of those who raise livestock and live in tents. His brother’s name was Jubal, the first of all who play the harp and flute. Lamech’s other wife, Zillah, gave birth to a son named Tubal-cain. He became an expert in forging tools of bronze and iron. Tubal-cain had a sister named Naamah. One day Lamech said to his wives,  
 “Adah and Zillah, hear my voice; listen to me, you wives of Lamech. I have killed a man who attacked me, a young man who wounded me. If someone who kills Cain is punished seven times, then the one who kills me will be punished seventy-seven times!”*  
 Genesis 4:19-24 (NLT)

**THE ONLY WAY TO GET OVER YOUR \_\_\_\_\_ & RESENTMENT IS  
 TO \_\_\_\_\_.**

**(Matthew 18:23-35)**  
*“...Then his master was filled with pity for him, and he released him and forgave his debt.”*  
 Matthew 18:27 (NLT)

**FORGIVENESS IS NOT:**

- \_\_\_\_\_.
- \_\_\_\_\_ **THAT IT DIDN'T** \_\_\_\_\_.
- \_\_\_\_\_ **A RELATIONSHIP WITHOUT**  
 \_\_\_\_\_.
- \_\_\_\_\_.

**3 REASONS WHY YOU SHOULD FORGIVE:**

- 1. BECAUSE GOD** \_\_\_\_\_.
- 2. BECAUSE RESENTMENT ONLY** \_\_\_\_\_.
- 3. BECAUSE YOU NEED FORGIVENESS** \_\_\_\_\_.

*“Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.”*  
 Matthew 18:21-22 (NIV)

*“As they were eating, Jesus took some bread and blessed it. Then He broke it in pieces and gave it to the disciples, saying, “Take this and eat it, for this is My body.”*

*And He took a cup of wine and gave thanks to God for it. He gave it to them and said, “Each of you drink from it, for this is My blood, which confirms the covenant between God and His people. It is poured out as a sacrifice to forgive the sins of many...Then they sang a hymn and went out to the Mount of Olives.”*  
 Matthew 26:26-30 (NLT)