

~RCW~

STRONGHOLDS

THE STRONGHOLD OF RESENTMENT

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The Story of Esau - Genesis 25 - 33

THREE TRUTHS ABOUT THE STRONGHOLD OF RESENTMENT

1.) The SOURCES of Resentment.

- What Others DID TO ME.

Genesis 27:36 “Esau exclaimed, ‘No wonder his name is Jacob, for now he has cheated me twice. First he took my rights as the firstborn, and now he has stolen my blessing.’”

Luke 17:1 Jesus said, “There will always be temptations to sin.”

Philippians 3:13 “But I do one thing. I forget everything that is behind me and look forward to that which is ahead of me.”

- **What Others DIDN'T DO FOR ME.**

Genesis 27:37 “Isaac said to Esau, ‘I have made Jacob your master and have declared that all his brothers will be his servants. I have guaranteed him an abundance of grain and wine - **what is left for me to give you, my son?**’”

Psalms 27:10 “When my mother and father forsake me, the Lord will take me up.”

- **What others got that I DIDN'T GET.**

Genesis 27:38 “Esau pleaded, ‘But do you have only one blessing? Oh my father, bless me, too!’ Then Esau broke down and wept.”

Genesis 27:41 “From that time on, Esau hated Jacob because their father had given Jacob the blessing. And Esau began to scheme: ‘I will soon be mourning my father’s death. Then I will kill my brother, Jacob.’”

2.) The RESULTS of Resentment.

- **What you resent will
enslave you.**

Genesis 27:39-40 “You will live away from the richness of the earth, and away from the dew of the heaven above. You will live by your sword, and **you will serve your brother.**”

Proverbs 26:27 “If you set a trap for others, you will get caught in it yourself. If you roll a boulder down on others, it will crush you instead.”

- **What you resent will
destroy you.**

Job 5:2 “Surely resentment destroys the fool, and jealousy kills the simple.”

Proverbs 27:3 “A stone is heavy and sand is weighty, but the resentment caused by a fool is even heavier.”

Proverbs 14:30 “A heart at peace gives life to the body, but envy rots the bones.”

- **What you resent, you will resemble.**

Proverbs 30:21-23 “There are three things that make the earth tremble - no, four it cannot stand: A slave who becomes a king. A rebel who prospers. A bitter woman when she finally marries. A servant girl who marries the husband of her mistress.”

3.) **The SOLUTION for Resentment.**

Genesis 27:40 “But **WHEN YOU DECIDE** to break free, you will shake his yoke from your neck.”

1.) **DECIDE:** I will throw off the yoke of resentment.

Genesis 33:4 “Then Esau ran to meet him and embraced him, threw his arms around his neck, and kissed him. And they both wept.”

- I forgive anyone who did wrong to me.
- I release anyone who did not do good for me.
- I rejoice in the good others receive.

2.) **DECLARE:** “I have all that I need in Christ. I can do all things through Christ.”

Genesis 33:9 “My brother, I have plenty,’ Esau answered. ‘Keep what you have for yourself.’”

I will not resent. I will be content.

1 Timothy 6:6 “True godliness with contentment is itself great wealth.”

3.) **DEVOTE:** I will devote myself to pleasing Christ and running my race.

Genesis 33:12 “Esau said, ‘I will lead the way.’”

Memory Verse: Hebrews 12:1-2 “Let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.”