



Notes | February 18, 2024

## How to Stop Holding a Grudge

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Hurt and grudges happen everywhere. If you have ever been in a friendship, then it is inevitable that you've experienced conflict. Whatever the conflict is about, it's what you do with the grudge and the hurt that matters. It can be very easy to pick up the grudge and never let it go. You can use your grudge to hurt other people, to bring "justice," or you can lay it down at the feet of Jesus, like David did with his conflict with Saul. Saul let it consume him, but David continued to turn it over to God.

### Key Scripture | Psalm 142:2

I pour out before him my complaint; Before him I tell my trouble.

### Related Scriptures

Psalm 59:3; Psalm 38:18-19; 1st Samuel 24

### Icebreakers:

Q: What was your friend group like when you were growing up?



## Key Thoughts and Reflections:

### I. God designed friendships to be healthy but, because we are broken, even friendships will have hurtful moments.

Q: Do you find it easy to forgive? Or do you tend to hold grudges?

Q: How do you react when someone hurts you?

Q: Have you ever hurt someone? Was there reconciliation?

### II. Saul let his grudge develop into bitterness that would take over his entire life.

Q: Have you ever allowed bitterness to take root in a relationship?

Q: David had the chance to get back at Saul, but he didn't. Have you ever been in a situation where you could have taken revenge and didn't?

Q: David honored Saul while still telling him the truth about how he was hurt. What does it look like for you to express hurt in a healthy way?

### III. You can forgive and still set boundaries.

Q: David forgave Saul but he did not become best friends with him. He set boundaries.

Have you had to set boundaries in a relationship that didn't have any?

Q: Do you find it easier to set boundaries or to cut people off completely? Why?

Q: How can you take your hurt to God so you can forgive?

## Get Practical

Friendships are bound to have hurt, but it's what we do with the hurt that matters. The most important thing is to take the offense to God. This week Intentionally take five to ten minutes every day to ask God to reveal areas where you need to lay a grudge or bitterness down. Ask Him to reveal what your next step in that relationship would be.

If you're looking for friends that can help hold you accountable, join a Group this season: text GROUPS to 37748 to find a community that can help you get planted, take root, and flourish this year!