



THE
GRUDGE

INTRODUCTION

The Grudge... a persistent feeling of ill will or resentment resulting from a past insult or injury. We all hold grudges, sometimes with others, ourselves, and even God. It is time to realize the power of a grudge and the power when we stop holding onto the painful parts of our past. This journal will show you how to recognize the grudge you carry against others, yourself, and God and how to find freedom in letting go of the grudge and stepping into the freedom in God.

We hope you use this guide to study with someone who might not know Christ, or has a curiosity about Him. If you are using this guide for yourself I pray you experience the amazing grace of Christ within your studies.

Once you have completed this journal join us by posting on social media and tag us @cbcsb or #cbcsb

Thank you for continuing to commit to studying the Word of God and to agreeing to live out your identity in Christ.

Pastor Scott Johnson

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- **WEEK 01**

Ephesians 4:2-4

Make every effort... The power of unity is clear in the words in Ephesians. God's desire for His children to be patient, forgiving, caring, loving, and united is clear throughout the Scriptures.

- **WEEK 02**

Matthew 5:39-42

But I say... The words of Jesus are important when it comes to the topic and action of forgiveness. Through His words He explains what He will soon do for all of humanity. No matter the action and hurt the power to forgive is provided through the Holy Spirit.

- **WEEK 03**

Matthew 18: 21-35

But seventy times seven... The parable of an unforgiving debtor is a story we all relate to. We desire and receive forgiveness that we are not always willing to give. The power of switching places and seeing things through a different perspective can help understand the power of forgiveness no matter the offense.

- **WEEK 04**

Luke 22:59-62

I don't know what you are talking about... There are times when we do what we wish we never did. Regret is a deep root that often never gets dealt with. How can you forgive yourself when you are so ashamed of what you have done?

- **WEEK 05**

1 Samuel 1:8-19

If you look upon my sorrow... When God sees us in pain we can easily begin to look at God with resentment. But often the best outlook is to see the entire picture. A waiting season is not a wasted season. God is working and doing something greater than our understanding.

HOW TO SOAP & 4 TIPS FOR GETTING STARTED

HOW TO SOAP

- **SCRIPTURE**

Take your time as you read the chapter for the day and allow God to speak to you. As you read, take note of the one verse that stands out to you above the others and write it out in this journal.

- **OBSERVATION**

What stands out to you about this verse? What is God saying to you through this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you. Write your observation down in your journal.

- **APPLICATION**

This is where you personalize what you have read. Ask yourself how this verse applies to your life right now. This may be instruction, encouragement, a new promise or corrections for a particular area of your life. What action can you take to apply this verse to your daily life?

- **PRAYER**

Take a moment and write out your prayer based on what you read. You can ask God to help you use this scripture or ask Him to reveal a greater insight about what you read or how to apply it to your life. Remember that prayer is a two-way conversation, so be sure to leave space to listen to what God has to say!

4 TIPS FOR GETTING STARTED

- **01: GIVE GOD YOUR FIRST AND YOUR BEST**

Schedule 15-20 minutes of uninterrupted time. This may seem to be a challenge at first, but it's worth it and will enable you to get the most from your time.

- **02: PREPARE YOUR ENVIRONMENT**

Make a playlist of worship music or download the Seasons Worship playlist on Spotify or Apple Music and find a distraction-free setting. Turn off the phone / TV / computer and grab your Bible, your journal and a pen.

- **03 FIND TIME TO REFLECT**

Whether it's the next day or before bed, take a look back at what you've written for that day and reflect on God's word.

- **04 DON'T DO LIFE ALONE**

Real relationships and life change happen in the context of community. Consider doing your devotions over FaceTime or with a friend and share what God is speaking to you!

WEEK 01

Ephesians 4:2-4

Make every effort... The power of unity is clear in the words in Ephesians. God's desire for His children to be patient, forgiving, caring, loving, and united is clear throughout the Scriptures.



DAY 02

- **Ephesians 4:2-4**

Paul writes this letter with two main intentions, (1) to beware of false teachers and (2) remember their first love, Christ. This is made more clear when looking at this letter in context with 1 Timothy and Revelations. Paul uses the word "love" (agape) at the beginning (1:4, 1:6) and at the end (6:23-24). Paul also shares that Jews and Gentiles are one in Christ and that is demonstrated through their 'love' for one another.

- In the Greek culture humility was viewed as a negative that should only be acted on by slaves. Paul points to humility first because humility births unity. Second a believer is to be gentle. Christians are to be gentle at the right time and stand firm at other times. Jesus was humble and gentle but when he needed to stand firm he flipped tables rebuking those in the temple. Next Paul points to patience. The power of self-restraint shows itself to bring about unity with brothers and sisters in Christ. Paul finishes this point with the one whom brings unity and hope. One body refers to the Church and one Spirit is the Holy Spirit. We are united through the work of salvation.

S: Ephesians 4:2-4

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DAY 03

Proverbs 29:11

- Proverbs was written with the purpose of helping in gaining wisdom, discipline, and a prudent life. The work of growing, discipline-ship.
- The author is explaining that a fool gives into anger but a wise person maintains self-control. Literally meaning 'calms it back' like stilling a storm. The author is helping the readers to understand the power of emotions. One emotional outburst can cause a greater impact that causes tension with others. Keeping calm through moments that anger is understandable is an important action for the believer.

- S: Proverbs 29:11

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DAY 04

- **1 Corinthians 12:13**

- The purpose of 1 Corinthians was to inform the church in Corinth of possible problems they are facing and how to live for Christ in a corrupt society.
- The One who gave the spiritual gifts, the Spirit, was also the medium in which, by which, and with which that unity exists. The baptism of the Spirit is experienced by all believers at the moment of salvation (Romans 8:9). In that baptism a believer regardless of nationality (Jew or Greek), ethnicity, standing (slave or free), are identified with Christ and are in-dwelt by the Spirit.

- S: 1 Corinthians 12:13

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DAY 05

- **Proverbs 10:12**

- The power of unity is clear throughout the Scripture but never more prevalent than in moments like this scripture.
- "Hatred" results in division and people who despise others can rarely work and live together in peace. "Love" contributes to unity because it covers or forgives the faults of others. It does not dwell on faults but overlooks them in love. The importance of those that love and show love instead of hate provide refuge and support in the aim of unity.

- S: Proverbs 10:12

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DAY 06

- **Colossians 3:13**

- This letter is written to combat errors in the church and to remind the believers that they have everything they need in Christ.
- This section states to "make allowances" which translates to "put up with each other". The challenge but call to unity is never more realized than here. You are to forgive any and all grievances or complaints. How? As the Lord forgave, no matter the offense freely and willingly shows forgiveness. Grudges have no place in the Christian life as they will lead to sins like those mentioned in Colossians 3:8-9.

- S: Colossians 3:13

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DAY 07

- **Proverbs 17:9**

- Covering over an offense may seem like a wrong thing to do or misleading but the author is showing a symbol of God's grace. Covering over can be understood as overlooking a wrong, moving on instead of holding a grudge.

-This action of covering over is promoting love instead of hate. But those that repeat or gossip about others sins can lead friends, family members, and brothers and sisters in Christ to hold suspicion and division in their hearts.

- S: Proverbs 17:9

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WEEK 02

Matthew 5:39-42

But I say... The words of Jesus
are important when it comes to
the topic and action of forgiveness.

Through His words He explains
what He will soon do for all of humanity.

No matter the action and hurt the power
to forgive is provided through the Holy Spirit.



DAY 08

- **Sermon Notes**

- FORGIVING IS NOT FORGETTING
 - _____ is required by God, forgetting is not.
- FORGIVING IS NOT FAIR
 - Forgiving is grace and _____ is not fair, thank God for that.
- FORGIVING IS GIVING WHAT GOD GAVE
 - Forgiving is _____ the same thing God showed me.

- **Sermon Questions**

- What can you forgive today?
- Are you looking to be fair or get even or are you looking to forgive like Christ did?
- As Christians we are called to be Christ-like, what do you need to forgive like Christ did?

DAY 09

- **Matthew 5:38-42**

- Matthew is the first Gospel in the New Testament sharing the life and ministry of Jesus Christ on earth.
- The words "Eye for eye, and tooth for tooth" comes from the Old Testament passage in Exodus 21:24. This law was given to protect the innocent and to make sure retaliation did not occur beyond the offense. Jesus points out that the righteous person is the one whom has the right to claim retaliation but decides to overlook it. And not just overlook it but give even more through offense. This was seen as the greatest extent in the life of Jesus himself.

- S: Matthew 5:38-42

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DAY 10

- **Hebrews 8:12**

- Hebrews was written to show the sufficiency and supremacy of Christ.
- Hebrews verse 12 explains the work of Christ for all His people. Because of the work of Christ the wickedness of humanity has been forgiven and forgotten. God declares He will not continue to remember the sins committed. A perfect example of forgiveness of humanity, give forgiveness and move on not continuing to bring it back up.

- S: Hebrews 8:12

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DAY 11

- **Psalm 103:10-12**

- David shares Gods attributes with regard to forgiveness and anger. He does not accuse or bring a case against us. No matter the sins that could be brought up. Because of His great love He completely separates His children from their sins. As far as the East is from the West. Meaning we have been completely separated from our sins. There is no further separation possible.

- S: Psalm 103:10-12

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DAY 12

- **Mark 11:25**

- An attitude of forgiveness toward others as well as faith in God is essential to a believer's prayer life. Divine forgiveness and a believer's forgiveness for others are inseparable. One who has accepted the forgiveness of God is expected to show that same forgiveness to others when needed. Realizing your identity in Christ and living that out mandates a lifestyle of forgiveness.

- S: Mark 11:25

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DAY 13

- **Matthew 5:43-44**

- The Pharisees taught to love those you are near and relate to and to hate your enemies (non-Jews). Loving only those whom love you and speaking to those you get along with is no more impressive than those that do not follow God and live sinful and selfish lives. To love those that you don't agree with is the true call to spirituality and God's heart.

- S: Matthew 5:43-44

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DAY 14

- **Matthew 6:14-15**

- Though a believer's forgiveness is not dependent on actions of showing forgiveness to others this scripture is explaining that through the recognition of forgiveness the believer naturally will show forgiveness to others. One cannot walk in fellowship with God and carry un-forgiveness in their heart.

- S: Matthew 6:14-15

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WEEK 03

Matthew 18: 21-35

But seventy times seven...

The parable of an unforgiving debtor is a story we all relate to.

We desire and receive forgiveness that we are not always willing to give.

The power of switching places and seeing things through a different perspective can help understand the power of forgiveness no matter the offense.



DAY 15

- **Sermon Notes**

- LOOK THROUGH A DIFFERENT LENSE

- Your life is too short and your too great to be _____ by something small.

- GIVE WHAT YOU HAVE GOTTEN

- Forgiveness is not saying I _____ of everything you do.
Forgiveness is saying I _____ you in spite of what you do.

- **Sermon Questions**

- What can you look at with a new perspective (the other side) to understand and come to a common ground?

- You may not approve or agree but you can forgive, talk that through with someone who hurt you.

DAY 16

- **Matthew 18:23-35**

- Jesus shares a parable. Jesus was teaching that forgiveness ought to be shown in direct proportion to the amount forgiven. A child of God has had all his sins forgiven by faith in Jesus Christ. Therefore, when someone sins against you, you ought to forgive from the heart no matter how many times you are wronged.

- S: Matthew 18:23-25

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DAY 17

- **Ephesians 4:31-32**

- Believers are to get rid of six vices; bitterness, rage, anger, harsh words, slander, and evil behavior. Then we are told three actions to combat the vices and put to work; kindness, tender hearted, and forgiveness.
- These three positive commands are for good reason, they are the actions and attributes of Christ. God is kind, compassionate, and gracious.

- S: Ephesians 4:31-32

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DAY 18

- **Matthew 18:21-22**

- Peter asked Jesus a question about forgiveness and he gave a possible amount of time to forgive someone, 7. The traditional Rabbinic teaching taught only three times but Peter went with more as a possible decision. Why? Maybe because as he has followed Jesus he saw that Jesus was about giving more forgiveness and love towards others. Jesus' response though is to take Peters number and multiple it by 70. The number would calculate to 490. This is not the number Jesus actually is pointing to, He is showing that forgiveness should be given always.

- S: Matthew 18:21-22

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DAY 19

- **Hebrews 10:24-25**

- The author worked to alter the mindset of believers to keep unity and continuing to do life together. Some of the believers were neglecting the union and gathering times. This was leading to a lukewarm faith that was leading to their own detriment. The church is the believers but that doesn't mean faith is a solo mission. The Scripture continues to point out the importance of a communal faith. The author of Hebrews points this out to the readers.

- S: Hebrews 10:24-25

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DAY 20

- **Matthew 18:15-20**

- Jesus teaches on the importance of dealing with disagreements and relational issues. Knowing how we should show forgiveness of- ten issues within relationships should not need to go further than the first step, discuss the matter between the offender and offend- ed. But Jesus also knew we would not solve things properly immediately so He provides other steps. Adding another as a witness was in conjunction with Old Testament precedents and aided in solving the arguments. Finally, Jesus explains the role of the organized church. To aid in brining believers together, the role of unity within the church.

- S: Matthew 18:15-20

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DAY 21

- **Romans 12:15**

- Paul was explaining the importance of being in harmony with one another. Be of the same emotion and attitude as others but notice it doesn't point out negative emotion such as rage, anger, hate, etc... Being happy is a normal emotion especially because of what we have through Christ. And weeping is another emotion that is expected as we still face the sins and free will in humanity. The greater point is to be in harmony and support of those around you.

- S: Romans 12:15

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WEEK 04

Matthew 18: 21-35

But seventy times seven...

The parable of an unforgiving debtor is a story we all relate to. We desire and receive forgiveness that we are not always willing to give. The power of switching places and seeing things through a different perspective can help understand the power of forgiveness no matter the offense.



DAY 22

- **Sermon Notes**

- REGRET IS THE ROOT
 - You can't _____ yourself against others because you are unique and wonderfully made.
- CARRYING YOUR PAST IS THEFT
 - You can't _____ something that is no longer yours
- YOU CAN'T CHANGE YOUR PAST, BUT GOD CAN CHANGE YOUR FUTURE
 - I _____ who God created me to be and I will live that out

- **Sermon Questions**

- How do you currently judge yourself against others?
- What am I trying to carry that God has already taken from me?
- What is God doing with my past for a greater future?

DAY 23

- **Luke 22:59-62**

- Within hours Peter denied Jesus three times just as He foretold. Peters denials progressively got more and more vehemently. At that moment Jesus turns and looks directly at Peter in the crowd. With the combination of events and the eye to eye contact with Jesus Peter was reminded of what Jesus had told him. Peter realized what he had done and, in this moment, showed a great regret and sorrow.

- S: Luke 22:59-62

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DAY 24

- **2 Corinthians 7:10**

- The power and importance of an earthly sorrow and a godly sorrow are essential to understand. Those that have a godly sorrow quickly experience redemption and the sorrow is erased. But those that carry earthly sorrow will continue to carry the baggage forever as they are controlling their own saturation and frustration.

- S: 2 Corinthians 7:10

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DAY 25

- **1 John 1:9**

- In view of verse 8, Christians are to be ready at all times to acknowledge failures which God’s light may expose. And in that context John explains that we can confess (recognize) and God is ALWAYS faithful to forgive. The importance of recognizing Gods will and direction and when doing so walking with confidence in His blessing and care.

- S: 1 John 1:9

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DAY 26

- **1 Peter 5:7**

- Peter references Christ's classic words of encouragement in the Sermon on the Mount. "Cast your cares on the Lord and He will sustain you." All anxieties and regrets can be 'cast' on Him and believers can rest assured He will provide. This Scripture also confirms to the reader that God genuinely cares about His children.

- S: 1 Peter 5:7

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DAY 27

- **Philippians 1:6**
 - Paul was confident that God would continue and complete His work in His children. Providing hope for all believers that in areas they are frustrated within their lives and regrets they are holding what they can do is hold an assurance. God will continue His work and His work is redeeming His children.

- S: Philippians 1:6

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DAY 28

- **2 Corinthians 5:17-18**

Those that believe and are regenerated hold an assurance they BELONG to Christ and in that fact, they know they are not defined by their past but by Christ. Now we do not hold to the regrets of our past but we move with the knowledge of what we have received and what we belong to and continue that message to others.

- S: 2 Corinthians 5:17-18

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WEEK 05

1 Samuel 1:8-19

If you look upon my sorrow...
When God sees us in pain we
can easily begin to look at God
with resentment. But often the best
outlook is to see the entire picture.
A waiting season is not a wasted season.
God is working and doing something
greater than our understanding.



DAY 29

- **Sermon Notes**

- A WAITING SEASON IS NOT A WASTED SEASON

- In the _____ is when God is working.

- GOD'S DELAYS ARE NOT HIS DENIALS

- I won't neglect what _____ can do because of my delay.

- **Sermon Questions**

- What am I waiting on? How can I already see God working?

- Have I given up on God because my desire has not yet happened?

- Do I need to forgive God?

DAY 30

- **1 Samuel 1:8-20**

- A Hebrew man's possessions and prosperity was held within the fact of having a son to further his name. And in this section of Scripture Elkanah and his wife Hannah could not have a child. Hannah's barrenness did not dismiss her husband's love for her like others experienced but it did place a tension. Hannah pleads with God (making a vow) that she would give her child to the lord for as long as the child lived. But waiting was now the issue. God heard her prayers but His response would not come immediately. But Hannah remained faithful in the waiting.

- S: 1 Samuel 1:8-20

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DAY 31

- **Isaiah 43:2**

- The assurance in this text is clear and comforting but the reminder that you will go through deep waters and the fire is clear. Although you will experience the storms the comfort needs to be held to, God will be with you through the difficulty.

- S: Isaiah 43:2

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DAY 33

- **Ecclesiastes 7:9**

- Controlling one's anger in the moments of difficulty prove their wisdom. All of these haughty and anxious emotions are contrary to the submissive attitude Solomon later implied in view of God's sovereignty (v. 13). Therefore, these responses and feelings are unwise and foolish.

- S: Ecclesiastes 7:9

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DAY 34

- **Psalm 145:18**

- A reminder that in calling on the name of the Lord we are assured He is there. So, in the midst of the delay one can hold assurance in the promise. The Lord is close to those when they call upon Him. Here is there. Even in the delay and waiting call upon the name of the Lord and be assured He is with you.

- S: Psalm 145:18

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DAY 35

- **Isaiah 66:9**

- God does not start something and leave it unfinished. What He says He will do He will do. A reminder in the text for all believers that God is faithful to finish what He starts. And in this text the role of a birth becomes more clear. A pregnancy and birth lasts a many months. What starts the process is very distant from the finish line. And the promise here is that what God starts may take time but the ending is assured.

- S: Isaiah 66:9

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CONCLUSION

You have spent the last 5 weeks (35 days) in God's Word! over the last 5 weeks you have looked at different Scriptures and sub topics dealing with forgiveness. Forgiving others, forgiving yourself, and not holding a grudge against God. My hope and prayer is that as you spent time in God's word and in prayer you have found a power much more than ever before.

The journey you have just joined us on is not over! Take what you have learned and begin to apply other areas of God's word. If you want help in what to read next contact us at 909-800-0947 or email at info@cbsb.com.

Once you have completed this journal join us by posting on social media and tag us @cbsb or #cbc