GUILT & RESENTMENT

What does the Bible say?

SUGGESTED SCRIPTURES

- ❑ PROVERBS 14:10-18
- ❑ EPHESIANS 4:29-32
- ❑ HEBREWS 12:14-15

Happy is the person whom the Lord does not consider guilty, and in whom there is nothing false.

PSALM 32:1-5

Guilt and resentment are normal emotions that are quite common after loss. Those who experience guilt often feel as though they are somehow responsible for the death of their loved one.

Those who experience resentment may feel as though someone else was responsible for your suffering.

If not addressed, guilt and resentment wear us down into someone we don't want to be. It also holds no power over the person you're angry at, only you. The only way through is to first be aware that you harbor guilt and/or resentment, and then make the decision to work on releasing it. As you do, give yourself grace, and trust that God knows you did the best you could at the time. Ask Him to help you release your guilt and resentment.

Another step is to make the conscious choice to develop gratitude—thanking God for what we do have. When you do, the power of resentment and guilt fade.

What does the Bible say about guilt and resentment?

Do you feel guilt or resentment about your loss? If so, what scriptures do you find helpful?

MY SCRIPTURES:

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MY ANSWER:

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