

# How to Handle Resentment



Is there someone in your life who's unjustly hurting you, even wronging you, and there's not any real cause for it? Does it seem that at times it's impossible to overcome, because your personalities seem to clash and it just grates on you and irritates you? If so, what are you going to do about it?

Some time ago I was compelled to live with someone like that; they were working in our home at that time. It was someone who was so crude and so rude, with such a temper that they would flare up at the least little thing. It was a constant trial, and such a bitter trial! A number of times I just wanted to tell them what I thought about them!

But at last I began to draw close to the Lord in the matter, and to throw the whole burden upon Him. I reasoned that, if Christ lives in me, then He could overcome such a spirit and help me not to want to talk back.—I wouldn't get so hurt over this situation! Well, at last I came utterly to the end of myself and threw myself on the Lord. I said, "Lord, it just isn't in me to get a complete victory and to love this one as I should. The old nature rises up, but Your nature and Your love and Your Spirit can overcome." I committed the whole thing into His hands so definitely, so utterly, and later there was the greatest change in that person!

Then one night I was thanking the Lord for changing them, because it was such a wonderful answer to prayer. It was really a miracle! I was thanking the Lord, and the Holy Spirit whispered to my heart—and I thought it was just a little bit of humor on the part of the Lord. He said, "Well, I not only changed them, but I changed you a little bit too!" That's exactly what will happen in your life when you commit such things to Him.

So what are you going to do about these situations, according to God's Word? Well, here are some Scriptures. God's Word says, "Recompense to no man evil for evil" (Romans 12:17). And, speaking of Jesus, "When He was reviled, [He] reviled not again" (1 Peter 2:23).

"See that none render evil for evil unto any man" (1 Thessalonians 5:15), and "Be not overcome of evil, but overcome evil with good" (Romans 12:21). Those are precious admonitions from God's Word!

Overcome evil with good? How?—By showing the person that you love them. Do them some special favor. Take the initiative and go out of your way to tell them something you like about them! Maybe this person's heart is hungering for love, or maybe that woman is wanting someone to talk to her and love her. There's surely some trait that you can admire.

— From "Meditation Moments," a Gospel radio broadcast by Virginia Brandt Berg (mother of David Brandt Berg)



Virginia Brandt Berg (1886-1968)

*I suppose there are times when all of us come up against difficult people who are somewhat of a trial to us. When this happens, instead of allowing them to make us impatient and irritated, we might well remember the words of the great preacher, C. H. Spurgeon, who said, "They must have been sent into the world, not that I might save their souls, but that they might discipline mine!"*

— Francis Gay