



Grudges

We hold grudges for days, months, or sometimes years. And the longer we hold a grudge, the more it has a hold on us.

Discussion Questions

1. How are you when it comes to holding grudges? Look at these categories and rate how well you let things go versus holding a grudge.

I move on quickly.

 I tend to hold a grudge.

- One of my family members neglects a household responsibility.
 - Someone at my workplace doesn't seem to value me.
 - A friend posts something online that aggravates me.
2. In general, when are you most likely to hold a grudge? That is, what type of situation causes you to hold onto anger the longest?
 3. Read **Romans 12:17–18**. What stands out to you? In verse 18, what do you make of the phrase “if it is possible”?
 4. What's the difference between “letting things go” and not being taken advantage of? How can you tell when you're doing one and not the other?
 5. Do you currently have a fence up because of someone else's offense? Do you have the desire to break down that fence? If so, what does it require of you?

Darkness can't drive out darkness; only light can do that. Hate cannot drive out hate. Only love can do that.

—Dr. Martin Luther King Jr.
