



# Flood Blantyre

## Awakening a City of Hope

Our mission is to serve the city in love and faith with authentic connections to develop a movement of hope filled people rooted in Yesu.



# RELATIONSHIP GOALS



# I Can't Can

“Not irritable or Resentful”/Life happens

**13** If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. <sup>2</sup> And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. <sup>3</sup> If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.

<sup>4</sup> Love is patient and kind; love does not envy or boast; it is not arrogant <sup>5</sup> or rude. It does not insist on its own way; it is not irritable or resentful.

**1 Corinthians 13: 1- 5**

# Irritable and resentful

We never made a life plan of when we will become bitter – but life threw pain, frustration, impossible people and we got to a place we all know well:

*the “I can’t can”*

- ✓ *Injustice - someone did or didn't do, so we got angry.*
- ✓ *We made up punishment & long lists of penalties to be inflicted on them.*
- ✓ *We are unable to forgive real and imagined wrongs, so we feel stuck and carry self pity.*

# Navigating through pain: What we Know

- ✓ Pain from resentment can make us reckless, we don't care about people or ourselves
- ✓ Pain from resentment can make us obsessed – with people's approval
- ✓ Pain from resentment can make us live in bondage – to what others think/or what we think about them
- ✓ Pain can make us controlling – we become bullies

*Be honest in your bitterness, with your bitterness, so you can take steps to a healthy heart*



# Navigating through pain: How

## 1. Forgiveness is granted before it is felt

- “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” Ephesians 4:32
- *“Most of our bitterness and anger towards others is rooted in an inability to be profoundly amazed at Christ’s love for us in our sin.” (John Piper)*


## 2. Get to the source

- Your anger reveals your disorientations
- *“What am I loving so much right now that my heart is moved to feel angry?”*



# Navigating through pain: How

## 3. Believe the promise of justice

- **Romans 12:19:** *“Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.”*
  - **2 Thessalonians 1:6-8:** *“Since indeed God considers it just to repay with affliction those who afflict you, and to grant relief to you who are afflicted as well as to us, when the Lord Jesus is revealed from heaven with his mighty angels in flaming fire, inflicting vengeance on those who do not know God and on those who do not obey the gospel of our Lord Jesus.”*
  - **1 Peter 2:21-23:** *“For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. He committed no sin, neither was deceit found in his mouth. When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.”*
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# Next steps

1. What hurt is defining you?
2. What struggle have you made your identity?
3. Where do you need to see God's kindness towards you?