

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

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## **Grudges**

"Life is too short for long-term grudges." – Elon Musk

"I was angry with my friend; I told my wrath, my wrath did end.  
I was angry with my foe; I told it not, my wrath did grow." – William Blake

"Grudges make your heart fragile." – Edmond Mbiaka

"No matter how strong you plan to be, you can never subdue the pain that comes with the grudges you refuse to let go." – Edmond Mbiaka

"A grudge is like a cesspool; forgiveness like a flowing river." – Chris Northrup

A grudge is defined, "A persistent feeling of ill will or resentment resulting from a past insult or injury." One would like to think that grudges don't find their way into the church, but the reality is, they do.

Bad feelings between Christians is certainly not unknown in sacred writing. Remember Paul's admonition, "I implore Euodia and I implore Syntyche to be of the same mind in the Lord" (Phil. 4:2). Paul's concern for these Christian ladies is quite evident in that he used the word *implore* (beseech) two times in the same verse.

Do people hold grudges in the church today? Consider how it is possible for two people to attend the same congregation and never interact with one another. Sister A can come in one door, and Sister B in another. They can interact with certain individuals and worship on a regular basis without ever having to encounter one another.

What is shameful is that a grudge can be held by someone for ten or twenty years, without seeking to come to a resolution. Jesus said, "Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift" (Matt. 5:23-25).

The sad part about holding a grudge is that it tends to consume the one who holds it. The bitterness and resentment only festers and leads to a negative outlook on almost everything. What is amazing is that a person with whom we hold a grudge for years may not even be aware of it.

What value is there in holding a grudge? It is easy to point out the hurt that a grudge can cause. And when one looks for a benefit, there is none to find.

All of us know what a grudge can do to us. Yet, we still have to admonish Christians not to hold one!