



# Freedom from Resentment: Stopping Hurts from Turning Bitter

*Robert D. Jones*

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Everyone experiences hurt in relationships, but most of the time we are able to forgive and forget. But sometimes we experience a major hurt that lingers in our minds and leads to bitterness. We feel trapped by the resulting hostility, ongoing broken relationships, and inability to move on. Can you escape the sorrow and soul impoverishment that bitterness brings? In CCEF's Freedom from Resentment: Stopping Hurts from Turning Bitter, Robert D. Jones explains how a relationship with Jesus, a man of sorrows and familiar with suffering, can free you from bitterness. Then he outlines practical ways to live out the gospel in difficult relationships. Healing and freedom is possible, even for long-lasting hurts. All the minibooks in our Christian bookstore offer gospel-centered hope for everyday issues like parenting, marriage, and personal change. These easy-to-read discipleship and biblical counseling resources tackle life's toughest issues in 30 minutes or less. Minibooks are frequently used by pastors and ministry leaders to help others apply biblical wisdom to specific life issues. Churches, biblical counseling ministries, and missional organizations make the minibooks available in their acrylic display cases to further discipleship and gospel-centered living.



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