

# Forgiveness and Resentment

Carol shared this teaching with us at our Kingdom Community gathering:

*“Here's what happens. We create rules inside our head for how people should behave. When people break the rules, we resent them. Resenting people for ignoring our rules is absurd.*

*Most of us grow up believing that we can punish other people by refusing to forgive them – that is: “If I don't forgive you, you suffer.” Actually, it's me that suffers. I get the knot in my stomach, I lose the sleep.”<sup>1</sup>*

Kingdom Living Community

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