



A MINUTE WITH MISS LINDA



“A Grudge is Sludge”

This month, I'd like to look at what the Bible has to say about grudges and what having one will do to you. "Grudge" is not a common word and is only found three times in the King James Version of the Bible. However, believe it

or not, those three provide all we need to understand what a grudge is and the terrible impact it will have on our lives.

"Grudge" rhymes with "Sludge."

Although not in the Bible, there is some truth here. Sludge is a substance that accumulates over time and contains harmful bacteria, viruses, and parasites. It is dangerous and must be eliminated. In some ways, this comes close to describing a grudge. A grudge is a feeling of ill will or resentment held against someone who we feel has wronged us. If it is allowed to remain in our lives, it becomes toxic like sludge. The only way to keep this from happening is to remove it.

We must learn this vital lesson because throughout life, there will always be instances when someone offends us, disagrees with us, or intentionally tries to harm us. Simply put, they will do us wrong. This can happen with friends, family, co-workers, or just about anyone we know. It cannot be

avoided, so we must learn to deal with it quickly. But what does the Bible have to say about grudges?

The first instance of the word "grudge" is found in Leviticus 19.

Leviticus 19:18 KJV

18 Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD.

The Hebrew word used here is "Natar".

"NATAR" MEANS: To guard; figuratively, to cherish (anger):—To bear (carry) a grudge, to keep.

This shows us that people who hold a grudge guard and cherish their anger. In their mind, they have a right to be angry, so they refuse to let it go. They feel that letting it go will absolve the one who wronged them. That is a grudge. Of course, you have a right to be angry. You also have a right to shoot yourself in the head, but that doesn't mean you should do it. Have I made my point?

The second instance is found in Psalm 59.

Psalms 59:15 KJV

15 Let them wander up and down for meat, and grudge if they be not satisfied.

Here, the Hebrew word "luwn" is used.

"LUWN" MEANS: To stop (usually overnight); but by implication, **to stay permanently**; hence (in a bad sense) to be obstinate (especially in words, to complain):--abide, continue to dwell...

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WOW! This describes a grudge perfectly. Something happened, and you should have moved on, but you didn't. You continued to dwell there permanently. It may be 10 years later, but you still hold on to it and continually complain about it because you are holding a grudge.

The third time we find the word grudge is in the book of James. Here, we are given insight into how it will impact our lives.

James 5:9 KJV

9 Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth before the door.

Here, the Greek word Sten-ad-zo is used.

"STENADZO" MEANS: To make to be in straits, i.e., (by implication) to sigh, murmur, grieve, to groan.

The person who holds onto offenses will live with a sense of heaviness. Inwardly, they will sigh and groan with heavy grief. The spiritual sludge in their life has made them spiritually sick. What is so sad is that they have done this to themselves because they held a grudge against someone.

The thing I want to be sure you understand is that holding on to an offense is like committing spiritual suicide. It becomes toxic and poisons you. It is far more harmful than anything anyone has ever done to you. The person who wronged you did not do this to you; you did it to yourself. Stop blaming them and take control of your life.

Throughout our 60 years of ministry, we encountered numerous situations that could have led us to hold grudges. However, I am happy to say that a long time ago, we learned to let things go and turn them over to God. We were amazed at how many relationships were restored and healed.

We let go of a grudge with a simple act of our will by giving the whole situation to God and releasing it. Letting it go brings healing and freedom, allowing God to build His character in our lives.

**NEVER FORGET...
A GRUDGE IS LIKE SPIRITUAL SLUDGE...
IT'S TOXIC!**

