

## **Throwing the Bomb**

### **Ready:**

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you; leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift."

-Matthew 5:23-24

### **Set**

During this past off season NFL quarterback Brett Favre found himself in the middle of a sports controversy. As the events played out regarding Favre and the personnel of the Green Bay Packers, it became apparent that Favre harbored some hurt feelings and resentment toward his former team.

Sometimes we can be offended by what someone asks us to do or by what they say to us. How are we to respond in times like these? Well, as I watched Brett Favre hurl a bomb downfield to a speeding receiver this weekend, I gained a little more understanding of what God wants us to do in these situations.

To say I have responded poorly in some of these instances would be an understatement, but Scripture is very clear on how we all should respond. Paul tells us in Ephesians 4:32 that we "should forgive like Christ has forgiven us." Today's Scripture from Matthew tells us that we should reconcile with those we are in conflict with in order to be the best servant we can be. Scripture tells us that we need to ask God to help us through these situations and truly forgive those who have hurt or offended us. In other words, I need to hurl my pain and animosity as far as I can; just like Brett Favre winding up and throwing a bomb downfield.

Harboring resentment prevents us from reaching our potential in our service to Christ. It also limits our ability to connect with others. Resentment usually grows in bitterness, and bitterness usually leads to someone seeking revenge. Have you ever had a teammate who quit a team because he or she thought it was a great way to get even with the coach? When the "don't get mad, get even" mentality kicks in, bad things happen. Throwing the bomb of resentment will help us avoid the consequences.

James tells us that trials WILL come our way. When those conflicts and trials come into my relationships, I don't want to let an unforgiving or vindictive heart prevent me from being the best servant I can be. I need to wind up and throw my resentment as far as I can. Jesus Christ will be my receiver, and He will catch the resentment, carry it to the end zone and spike it to the ground.

### **Go**

1. Has someone offended you or hurt your feelings recently? How did you respond?
2. Do you need to ask someone for forgiveness?
3. Do you need to forgive someone?
4. Have you let your bitterness affect your relationship with Jesus Christ?

### **Workout**

Matthew 5:21-25  
Matthew 6:14-15  
Matthew 18:21-35  
James 1:1-8

### **Overtime**

“Heavenly Father, allow me to follow the example You displayed to us. Allow my heart to truly forgive those with whom I am in conflict. Allow me to glorify You in all that I do. In Jesus’ name I pray. Amen.”

### **Bible Reference:**

James 1



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