



Chapter Nine — *Love Is Not Resentful* (1 Corinthians 13:5)

“[Love] keeps no record of wrongs.” — 1 Corinthians 13:5

Big Idea

Love releases the ledger and chooses forgiveness over bitterness.

Paul now brings us to one of the most freeing—and most challenging—truths about love: **love is not resentful**. Biblical love does not keep a running account of offenses. It refuses to store hurt in the heart and replay wrongs in the mind.

The original language paints the picture of an accountant carefully recording debts in a ledger. Resentment does the same—it keeps track of every slight, harsh word, or betrayal, quietly shaping how we view and treat others.

Love chooses a different path.

Instead of keeping score, love lets go.

Instead of rehearsing wounds, love extends mercy.

Instead of demanding justice, love remembers grace.

God Himself models this kind of love. Scripture tells us that He chooses not to remember our sins against us. Through Christ, the record of our wrongs has been wiped clean. If God has erased our ledger, love invites us to do the same for others.

Resentment binds us to the past.

Forgiveness frees us for the future.

When we release offenses, we are not excusing what happened—we are entrusting justice to God and choosing healing for our own hearts. Love that keeps no record of wrongs creates space for joy, restores relationships, and reflects the mercy we ourselves have received.

Practical Takeaways

- Resentment remembers; love releases.
- Bitterness poisons relationships; forgiveness restores them.
- Keeping score steals joy; grace multiplies it.
- Forgiveness is not weakness—it is spiritual strength.

Ways to practice love without resentment:

- Remember how much God has forgiven you.
- Pray for the person who hurt you.
- Speak forgiveness out loud, even if they never hear it.
- Refuse to rehearse the offense in your mind.
- Take steps toward reconciliation when safe and appropriate.
- Trust God with justice and choose mercy instead.

Forgiveness doesn't always come instantly—it is often a process. But every step toward letting go opens the door to deeper freedom.

Discussion Questions

1. What's one offense you have found difficult to release? Why?
2. How does remembering your own forgiveness in Christ help you extend forgiveness to others?
3. What practical step can you take this week to “erase” a record of wrong against someone?
4. How might your relationships change if you stopped keeping score?
5. Who or what still has a place in your “bad book,” and what would it look like to begin releasing that today?
6. How would your emotional and spiritual life change if you consistently chose forgiveness over resentment?