

## Message from God's Life-Giving Word

August 16, 2020

### Letting Go of Bitterness

**Strive for peace with everyone...** See to it that no one fails to obtain the grace of God; that **no "root of bitterness" springs up and causes trouble, and by it many become defiled.**

Hebrews 12:14-15

\* You cannot control what people do, but you can control how you \_\_\_\_\_.

#### THE PROBLEM WITH BITTERNESS

1. Bitterness has a dangerous \_\_\_\_\_.

*See to it that... no "root of bitterness" springs up and causes trouble* Hebrews 12:15

2. Bitterness produces a poisonous \_\_\_\_\_.

*See to it that... no "root of bitterness" springs up and causes trouble* Hebrews 12:15

#### HOW DO YOU KILL THE ROOT OF BITTERNESS?

Let all **bitterness, wrath, anger, clamor and slander be put away from you, along with all malice.**

**Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.**

Ephesians 4:31-32

A. Kill bitterness with \_\_\_\_\_.

*Do not be overcome by evil but overcome evil with good.* Romans 12:21

**Bless** those who curse you, **pray** for those who mistreat you. Luke 6:28

B. Kill bitterness with \_\_\_\_\_.

*If it is possible, as far as it depends on you, live at peace with everyone.* Romans 12:18

**Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.**

Ephesians 4:31-32

#### Next Steps

1. Journal the following: (Let's start with a food war!) Which is less bitter: coffee or tea? Which is better? Why? What is the pet peeve that most frequently causes you to become frustrated with people? Do you know someone who could be bitter but is not? How do you think they do it? What opportunities could bitterness be preventing you from fully experiencing or enjoying?
2. Consider your history with bitterness. What are some ways bitterness attempts to destroy love, intimacy, and trust? Now read Hebrews 12:14-15. What are some bitter roots you could take care of before they grow up to cause trouble? Read Ephesians 4:31-32 (you can also include Romans 12:18-21 and Luke 6:28). How will you kill bitterness with compassion and forgiveness? Share some specific ideas.
3. Who do you need to forgive? What is your action plan?

**REMEMBER:** Your time in daily devotion and prayer is not just for your benefit. It is also for the benefit of others. Share what God is teaching you.