

August 24, 2014

OVERWHELMED WITH LIFE: BITTERNESS
Hebrews 12:15; Ephesians 4:31-32; Acts 8:23

Why bitterness? Heb. 12:15; Eph. 4:31; Acts 8:23

- It comes from what others have **done** to us. 1 Sam. 18:6-16; Gen. 4:1-8; 16:4; Jer. 12:6; 11:19-21; 20:10; 26:8; Gen. 27:1-46
- It comes from what others have **said** about us. 1 Sam. 18:6-16; Eph. 4:29; 5:4; James 3:1-12; Luke 15:28-30
- It comes from what others have **taken** from us. 1 Sam. 18:6-16; Gen. 4:1-8; 16:4; 27:1-46

What are the effects? Heb. 12:15; Eph. 4:31

- The effects **upon** others (become victims). 1 Sam. 18:12; 19:10; 20:33; Luke 15:28-30; Eph. 4:26-27, 31-32; Matt. 18:21-35; Rom. 12:19
- The effects upon **us** and our relationship with God. 1 Sam. 18:6-16; Gal. 5:16, 22-23; John 15:11; 16:33; Phil. 4:7, 9; John 17:21; Matt. 5:23-24

What to do to resolve bitterness. Heb. 12:15; Eph. 4:32

- Realize it, don't **deny** it, and acknowledge it. Heb. 12:15; James 3:14; Eph. 4:29-32; 1 John 1:8-10; Ps. 51:4, 6
- Remember **who** you are in Christ. Eph. 4:22-23; 2 Cor. 5:17; 2 Pet. 1:4
- Respond by **forgiving** those who hurt you. Eph. 4:32; Matt. 18:21-35; Phil. 3:13-14