

## How God Can Redeem and Heal Our...

### #1 – Bitterness

*“Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.” - Hebrews 12:14-15 (New International Version)*

#### The Roots of Bitterness

1. Bitterness is ongoing, increasing resentment \_\_\_\_\_ in the heart. It can take root in our heart through a variety of means.
  - a. A reaction to \_\_\_\_\_ – Bitterness is often unrelated to the level of the particular sin, but it instead depends on the emotional relationship with the offender.
  - b. The sin of \_\_\_\_\_ – Pride or the perception we’ve been wronged.

*“But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth.” – James 3:14 (English Standard Version)*
  - c. An unregenerate \_\_\_\_\_ – How we act/react shows the true self.

*“The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.” – Luke 6:45 (New International Version)*

2. Roots have one mission: to continually reach out exploring for nutrients. Often, in bitterness, we continue dwelling on the hurt, finding more and new ways to be aggrieved, and letting it seep into every area of our life.

THE GREAT LIE OF BITTERNESS: MY BEHAVIOR IS \_\_\_\_\_!

#### The Results of Bitterness

1. Physical \_\_\_\_\_ – *“Resentment kills a fool.” – Job 5:2 (NIV)*
2. Emotional \_\_\_\_\_.

*“When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you.” – Psalm 73:21-22 (NIV)*
3. Relational \_\_\_\_\_. A bitter heart cannot be hidden, it corrodes other relationships. A bitter person is not a pleasant person to be around.
4. Spiritual \_\_\_\_\_. Bitterness is spiritual cancer. The Apostle Peter linked bitterness with being held captive by sin (Acts 8:32).

THE END RESULT OF BITTERNESS: YOU ARE ONLY HURTING \_\_\_\_\_!

#### The Remedy for a Bitter Heart

1. We must let God pull the bitterness out of our heart by its roots. Self-help is not an option; it takes an overwhelming \_\_\_\_\_ of God’s grace.

- a. Understand the \_\_\_\_\_ of Jesus’ forgiveness of our sin.

*“You, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.”*

– Colossians 2:13-14 (ESV)

- b. View everything done \_\_\_\_ you through the lens of what was done \_\_\_\_ you by Jesus.

*“Anyone who hates his brother is a murderer, and you know that no murderer has eternal life in him. This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers.” – 1 John 3:15-16 (NIV)*

2. Strive for peace with everyone. God doesn’t specify \_\_\_\_\_.

- a. Peace starts with you, not the other person. You are not responsible for their response, but you are responsible for your \_\_\_\_\_.

*“If it is possible, as far as it depends on you, live at peace with everyone.”*

– Romans 12:18 (NIV)

- b. Forgive \_\_\_\_ you have been forgiven. As a disciple of Jesus, you cannot have a higher standard of forgiveness than God.

*“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:31-32 (NIV)*

- c. Forgive \_\_\_\_ you will be forgiven. This is not an automatic reciprocity, but rather a shocking statement that we cannot withhold forgiveness while seeking God’s forgiveness.

*“But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.” – Mark 11:25 (New Living Translation)*

3. Strive for holiness, which is a \_\_\_\_\_ for seeing the Lord (Matthew 5:8).

- a. Holiness is a spiritual \_\_\_\_\_ of forgiveness and purity granted to us through faith in Jesus’s sacrifice for our sin (Hebrews 10:10). But we are still to pursue actions rooted in that holiness.

*“For by one sacrifice he has made perfect forever those who are being made holy.”*

– Hebrews 10:14 (NIV)

- b. Holiness is becoming like Jesus, not acceding the ways of the world. Jesus \_\_\_\_\_ what He preached (Luke 23:34).

*“But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.” – Luke 6:27-28 (NIV)*

GOD UPROOTS BITTERNESS IN OUR HEART THROUGH FORGIVENESS...RECEIVING HIS AND EXTENDING OURS.