



Overcoming Bitterness

*Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord. See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.
(Hebrews 12:14-15, NIV)*

About bitterness:

1. Bitterness has a dangerous root.
2. Bitterness produces a poisonous fruit.

Qualities of bitter people:

1. Bitter people justify their bitterness.
2. Bitter people tend to become overly critical.
3. Bitter people secretly celebrate the misfortunes of others.
4. Bitter people tend to write off entire groups of people.
5. Bitter people struggle to see bitterness in the mirror.



Overcoming Bitterness

To overcome bitterness:

I kill the root of bitterness with forgiveness.

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)

To overcome bitterness:

- ...is not easy.
- ...is not natural.
- ...is not denial.
- ...is not a one-time event.
- ...does not necessarily resume a relationship.

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins. (Matthew 6:14-15, NIV)