

**Message Summary:** Each of us have an inner sense of what is right, or fair, or just. When that is violated a natural result is to react, to right the wrongs and correct the injustices or to become bitter. When one becomes offended or disappointed by others and allows the hurt to germinate in the heart, bitterness and resentment will take root. The Bible says to get rid of all bitterness. One must not keep it in and one must not share it with others. Bitterness is curable through Christ.

## **HELPING A BITTER FRIEND, Part 2**

### **Ephesians 4:31-5:2**

1. **Bitterness is a CHOICE.**  
Bitterness is when you decide you've been hurt so deeply that you'll never get over it.
2. **Bitterness is CRIPPLING.**
  - A. It cripples physically. Proverbs 17:22
  - B. It cripples emotionally. Proverbs 15:13
  - C. It cripples mentally. Proverbs 15:17
  - D. It cripples socially. Hebrews 12:14,15
  - E. It cripples spiritually. 1 John 4:20
3. **Bitterness is CONDEMNED.**
  - A. It binds you. Acts 8:23
  - B. It blinds you. Hebrew 12:14
  - C. It grinds you. Ephesians 4:30,31
4. **Bitterness is CURABLE.**  
Forgiveness is the only cure for bitterness. Matthew 18:21-35

#### **FIVE PRACTICAL STEPS TOWARD THE CURE.**

1. You must be will to forgive.
2. Make a list of all the things they have done to hurt you.
3. Make a list of everything you've done to offend God.
4. Take both lists and tear them up. (70x7)
5. Make a list of the positive benefits that have come from your negative situation. Genesis 50:20

#### **LifeGroup QUESTIONS**

BEGIN IT – (5 min) Praising the Lord & pray that God leads the study

OPEN IT- (10 min) What images come to mind when you hear the words “bitter person”?

EXPLORE IT- (60 min) Review Sunday's Sermon outline together and any notes people have about the message.

1. What is dangerous about bitterness?
2. What does it mean to live at peace with everyone? (Heb. 12:14)
3. When we have conflicts with one another, why do we typically want the other person to make the first move toward reconciliation?
4. In Mark 11:25,26 why does Jesus tie God's forgiveness of us with our forgiveness of others?
5. Read Matthew 18:21-35, how are we to interpret Jesus answer, "seventy-seven times (70X7)?"
6. How do we sometimes forgive with strings attached?
7. What would be the first step for you in making sure old patterns of bitterness do not return?
8. What should we do if we don't feel like forgiving others?

APPLY IT- (15 min) What individual(s) do you need to "release from their debts" today and be cured from bitterness with them?