



What is Bitterness?

“Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.”

Hebrews 12:15, NLT

Bitterness is deep resentment over a wrong done to me

Five tests for Bitterness

Do you justify your resentment?

Are you overly critical?

Do you secretly celebrate the misfortunes of those who have hurt you?

Do you ‘write-off’ an entire group because of the actions of a few?

Do you recognize your own struggle with bitterness?

Rejecting Bitterness

Leaving the highway of bitterness is a daily choice of pursuing a path of peace that leads to love as Jesus.

Study Questions:

1. Keeping it anonymous, do you know someone that might be described as a bitter person?
2. Why would you describe them as bitter?
3. How does their bitterness affect their relationships?
4. How do you think bitterness gets started and begins to “take root” in our relationships?
5. How is “forgiving one another” an antidote for bitterness?
6. For the next few minutes pray silently and in your own words ask God these three things:
 - Who am I bitter toward?
 - Why am I bitter?
 - How can I begin to forgive?
7. What one step will you take, within 24 hours, to begin forgiving someone who has hurt you? How can we, as a group, help you take that step?

Bitterness ruins...forgiveness restores.