



**FROM THE BIBLE**  
Ephesians 4:31-32 (NLT)  
Matthew 7:12 (NLT)

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## MESSAGE TO CONVERSATION GUIDE

Week 3 | The Haunt of Bitterness

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1. In this message, Joel started out by talking about things that he likes for someone else but he doesn't really like it for him (i.e. beef & broccoli, the speed limit, Downtown Abbey). What's some things that you like for someone else, but you don't really like for you?
2. The connection with the 1st question & this message is that there are some verses in the Bible that we may read & like for someone else, but not for us. Read Ephesians 4:31-32 & discuss why this verse could fit in that category.
3. Joel said, *bitterness haunts you life because it halts the joy in your life*. Has this ever happened to you (if you're comfortable, feel free to share what happened)?
4. Have you ever met a bitter person who was thankful? Have you ever met a thankful person who was bitter? What does this say about the power of gratitude?
5. Joel shared a story about a road rage incident. In the moment when someone wronged him, he chose to *boil instead of breath*. What effect does taking a breath & putting time between you & an incident have on overreactions?
6. The 3rd thing that Paul said to get rid of in Ephesians was anger. Have you ever framed anger through the lens of, *for every minute I'm angry, I lose 60 seconds of happiness*? How does that make you rethink entertaining anger?
7. Reread Ephesians 4 & this time focus on verse 32. What does this tell us to replace *anger, rage, etc.* with?
8. Jesus gave a great description of kindness. Read Matthew 7:12. Would you agree that this is the purest form of kindness?
9. Being *tenderhearted* seems strange because we rarely wish that for our lives but in this message, Joel said, *being tenderhearted is being in tune with the needs of others*. How has someone been tenderhearted to you & how did it impact you?
10. The final challenge Paul left us with in Ephesians 4:32 was to *forgive one another... as Christ has forgiven you*. Why is the second part of that so important to help us with this difficult task? How can forgiveness free you?

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