

Second Glance

7/9/23 “Bitterness”

Proverbs 14:10 (ESV)

10 The heart knows its own bitterness, and no stranger shares its joy.

1. What does this proverb say about the hiddenness of our inmost emotions?
2. Bitterness is resentment due to perceived unfairness. Can you think of some examples of where do you experience bitterness?
 - a. In yourself?
 - b. In others?

Hebrews 12:12–17 (ESV)

¹²Therefore lift your drooping hands and strengthen your weak knees, ¹³and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. ¹⁴Strive for peace with everyone, and for the holiness without which no one will see the Lord. ¹⁵See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled; ¹⁶that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal. ¹⁷For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.

3. How did Esau’s bitterness effect his relationship with:
 - a. God?
 - b. Jacob?
 - c. Himself?
4. Looking back on Esau, how could he have stymied his bitterness? What affect would that have had on his life/relationships?

DISCUSSION:

5. If bitterness is an angry reaction to injustice, how can we determine what is just or unjust?
6. What characteristics of God help us to trust in Him when we experience injustice?
7. What role does forgiveness play in battling bitterness?

PERSONAL REFLECTION:

8. Are there any bitter issues in your life that you need to deal with now?