

“Bitterness”

Sermon Series: Blind Spots #4

Ephesians 4:31-32

2.1.26

Just to clarify – we are not talking about irritations.

Bitterness -- Is harbored hurt hidden in the heart.

How do we respond to hurts in life?

I have heard that Bitterness is like drinking poison and waiting for the person who hurt you to die.

Two Results of Bitterness

❖ **Bitterness causes God’s Spirit to Grieve**

Read Ephesians 4:30-32

❖ **Bitterness Causes us to Miss Out on God’s Grace**

Read Hebrews 12:15

How do we Battle the Blind Spot of Bitterness?

⇒ **Give People the Benefit of the Doubt**

⇒ **Don’t Hold Grudges**

⇒ **Listen to God’s Spirit**

⇒ **Forgive as the Lord has Forgiven Us**

Conclusion:

