

HOW TO BEAT BITTERNESS

DETOX: Part 2

August 20, 2017

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“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:31-32 NIV)

“Above all else, guard your heart, for everything you do flows from it.” (Proverbs 4:23, NIV)

- Bitterness makes me act CRAZY.
- Bitterness allows someone else to CONTROL ME.
- Bitterness is CONTAGIOUS.
- Bitterness CONSUMES ME.

4 STEPS TO BEATING MY BITTERNESS

1. RECOGNIZE THAT NO ONE IS PERFECT.

“Not a single person on earth is always good and never sins.” (Ecclesiastes. 7:20 NLT)

“for all have sinned and fall short of the glory of God, and are justified freely by his grace through the redemption that came by Christ Jesus.” (Romans 3:23,24 NIV)

As it is written:

“There is no one righteous, not even one; there is no one who understands, no one who seeks God. All have turned away, they have together become worthless; there is no one who does good, not even one.” (Romans 3:10-12)

2. RELINQUISH YOUR RIGHT TO GET EVEN.

"Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord." (Romans 12:19)

3. **RESPOND** TO THE EVIL WITH GOOD.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." (1 Corinthians 13:4-7)

"A person's wisdom yields patience; it is to one's glory to overlook an offense." (Proverbs 19:11, NIV)

Ask Myself. . .

- What did Jesus do for me?
- How can I respond like Jesus?
- Will this make me more like Jesus?

4. **REFOCUS** ON GOD'S PLAN FOR YOUR LIFE.

"And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them." (Romans 8:28 NLT).

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." (Ephesians 2:10 NLT)

ACTION:

Break free from your bitterness, contact [SOLUTIONS](#).

Solutions Biblical Counseling: 410-742-6234