



# Travel Light

## Travel Light - Part 3 - Letting Go of Bitterness Pastor Mark Rouse - December 15, 2019

<sup>14</sup> Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. <sup>15</sup> See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. - Hebrews 12:14-15

- **We can't control what people do, but we can control how we RESPOND.**

Do not be quickly provoked in your spirit, for anger resides in the lap of fools. - Ecclesiastes 7:9

### The Problem With Bitterness

- **Bitterness has a dangerous ROOT.**

See to it that no one falls short of the grace of God and ***that no bitter root grows up to cause trouble*** and defile many.  
- Hebrews 12:15

- **Bitterness produces poisonous FRUIT.**

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and ***defile many***.  
- Hebrews 12:15

### Letting Go of Bitterness

<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. - Ephesians 4:31

- 1) **Understand that bitterness is NOT the fruit God wants to produce in me.**

<sup>22</sup> But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. There is no law against these things!  
- Galatians 5:22-23

- 2) **Recognize how bitterness IMPACTS all areas of my life.**

<sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold.  
- Ephesians 4:26-27

- 3) **Choose to kill bitterness with COMPASSION and FORGIVENESS.**

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. - Ephesians 4:32

<sup>17</sup> Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. <sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone. <sup>19</sup> 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... <sup>21</sup> Do not be overcome by evil, but overcome evil with good. - Romans 12:17-20, 21