



PATHWAYS

STUDY GUIDE

Week 2: Healing from
Bitterness

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Objective: To discover healing from bitterness is only possible when we allow God to heal our heart by entrusting our pain to Him

Read Together:

Ephesians 4:31- 5:2 *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. 1 Follow God's example, therefore, as dearly loved children 2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

1 Peter 2:23-24 *"When they hurled their insults at him [Jesus], he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly. 24 "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed."*

- How would you define bitterness? Would you say that you tend to be a bitter person? Why or why not?
- In Sunday's message, we learned that bitterness is *Our internal response to our personal pain*. Why do you think bitterness is so often our first response when bad things happen to us? What is it about bitterness that seems so hard to shake?
- In Ephesians 5:1, the Apostle Paul encourages followers of Jesus to heal from bitterness by following God's example. Read **1 Peter 2:23-24**. In your words, what example does Jesus give us to follow? what did Jesus do when He was put in a painful situation? What are a few things that stand out to you?
- In Sunday's message we mentioned that we find healing from bitterness when we *Entrust our pain to God*. Why do you think this is so hard to do sometimes? What keeps you from letting go?

FINAL THOUGHT: This week, what will you do to allow God to heal the bitterness in your heart? What can your group do to support you?