

Message Notes (January 29/February 1)
Series: Blind Spots
“Bitterness”
Hebrews 12:15; Ephesians 4:30-32

**Bitterness is harbored _____ hidden
in the _____.**

**Bitterness and resentment are cancers of
the _____.**

Two Results of Bitterness

**Bitterness can cause God’s Spirit within us
to _____.** (Ephesians 4:30-32)

**Bitterness can cause us to miss out on
God’s _____.** (Hebrews 12:15)

**Bitterness rarely exists alone. It is often
accompanied by jealousy, contempt, or gossip
that can keep us from seeing the bitterness
that runs deep.**

How Do We Battle the Blind Spot of Bitterness?

Give people the _____ of the _____.

Don’t hold _____

_____ to God’s Spirit

Forgive _____ the Lord forgave us

_____ it up

**How are you handling hurts and disappointments
in life? It is making you bitter or better?**

Are you holding onto bitterness today?