SPRING GREEN COMMUNITY CHURCH

WELCOME!

WE'RE SO GLAD YOU'RE HERE!

Our mission is to help people **COME** to know Jesus as Savior, **GROW** in a relationship with Him, and **LIVE** their lives for Him.

God loves you and we pray that during the worship service you will be able to connect with Him through song, scripture, and the message.

Sunday, November 1, 2026

Series: A Different Way to Live - Jesus, Grace, and an Unoffended Life

Sermon Title: From Bitter to Better

Scripture: Ephesians 4:31-32

Speaker: Pastor Kendall Harger

ARE YOU NEW TO SGCC?

Stop by our Welcome Center located by the front doors for a free gift!

~OR~

Fill out our guest card at sgcommunitychurch.org

SUNDAY CHILDREN'S MINISTRIES

NURSERY: newborn-2 years

Sign in at the nursery and pick up a pager.

CHILDREN'S CHURCH: 3 years-3rd grade

Sign in at the table in the entryway. Children will begin in the service and be dismissed after worship songs. After the service, sign out your child in the Children's Church room.

SPRING GREEN COMMUNITY CHURCH

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Office Hours: Monday through Thursday / 9am- 3:30pm

Sermon Notes
November 1, 2026

From Bitter to Better

Big Idea

Because Christ has forgiven us, we can release our bitterness and choose to treat others with grace.

Ephesians 4:31-32

Bitterness: A deep, lingering resentment that develops when we hold on to a hurt, an offense, or a sense of being wronged.

Rage: An intense, explosive outburst of anger - anger that erupts and can become destructive.

Anger: A strong feeling of displeasure or hostility toward someone or something we believe is wrong.

Harsh Words: Hurtful, abusive, or destructive speech – words that tear down rather than build up.

Slander: Speaking falsely or maliciously about someone in a way that damages their reputation.

All Types of Evil Behavior: Any other harmful, morally wrong conduct that comes from a heart turned against another person.

Kindness: Treating others with goodness, generosity, and consideration – even when they haven't earned it or treated us well.

Tenderhearted: Having a compassionate, sensitive heart toward the pain, struggles, and humanity of others.

Forgiving One Another: Releasing our personal claim to revenge and choosing not to hold another person's offense over them.

Sermon Reflection & Application

Icebreaker

What's one small, silly thing that irritates you way more than it probably should? (Think slow drivers, people who chew loudly, or someone who leaves one sip of coffee in the pot!)

Questions

1. As you look at the definitions given of the behaviors listed in Ephesians 4:31-32 what stood out to you or resonated with you?

2. Why do you think it matters that Paul gives us both a list of things to put off (harmful things) and a list of things to put on (kindness, tenderheartedness, and forgiveness)?

3. Of the six things Paul listed in Ephesians 4:31 - bitterness, rage, anger, harsh words, slander, and all types of evil behavior - which of these do you think is most common but least talked about in Christian circles? Why?

4. The sermon made a distinction between anger as a feeling and what we do with anger. Where do you think that line is, and how do you know when anger has crossed into dangerous territory in your own heart?

5. What are some signs that bitterness is setting in - that an old wound is still quietly shaping the way you relate to someone today?

6. Forgiveness is described as releasing your personal claim to revenge and surrendering it to God. What makes that genuinely hard to do? What tends to get in the way?

7. How does being tenderhearted (see definition) change the way you approach a difficult relationship?

8. In what ways does your awareness of your own need for forgiveness affect your willingness to extend it to others?

Applications

1. Name What You Are Carrying: Set aside time this week to be honest with God about any bitterness, anger, or unforgiveness you are holding. Write it down if that helps. Do not minimize it or spiritualize it too quickly. Simply name it and bring it to God.

2. Pray for the Person You Are Struggling to Forgive: This is not easy, and it does not have to feel natural at first. Simply ask God to work in that person's life and to give you a heart that reflects the grace He has shown you. Do this daily for one week and notice what begins to shift.