

Sermon Notes

Big Idea: It doesn't have a warning label, and most of the time we feel like we have a right to partake. Nevertheless, unforgiveness is pure poison. It will eventually destroy you from the inside out. Bitterness will ruin your emotions, relationships, health, and spiritual life. We must *Stop Drinking Poison*.

Three Reasons We Remain In Unforgiveness:

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| 1) Unrealistic Expectations | Matthew 18:7 (KJV) John 16:33 (KJV) |
| 2) Unaware to the Truth about Forgiveness | Romans 8:17; 12:18 (NIV) |

It is one thing to be trapped by unforgiveness, it is another thing to willfully embrace it.

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| 3) Unyielding to Grace | Mat. 18:21; 35 (NKJV) Eph. 2:4 (NIV) 2 Peter 1:3 (NIV) |
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Forgiven People Forgive

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) Which of the Three Reasons We Remain In Unforgiveness do you struggle with the most? Explain.
- 3) Have you ever willfully embraced unforgiveness? How did it affect you?
- 4) Read Ephesians 2:4. How often do you think about God's amazing grace over your life? How should this inform your ability to forgive others?
- 5) Who do you need to extend grace and forgiveness to? What's the next step you can take to do so? For support and encouragement, share this process with a friend.