

Ephesians 4:31-32 NLT

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

“Bitterness blows out the candle of joy and leaves the soul in darkness.” - Adrian Rogers.

Ruth 1:19-21 NLT

When they came to Bethlehem, the entire town was excited by their arrival. “Is it really Naomi?” the women asked. “Don’t call me Naomi,” she responded. “Instead, call me Mara, for the Almighty has made life very bitter for me. I went away full, but the Lord has brought me home empty. Why call me Naomi when the Lord has caused me to suffer and the Almighty has sent such tragedy upon me?”

1 Corinthians 13:5

...love keeps no record of being wronged.

“Hurt people hurt people.”

TWO OPTIONS FOR DEALING WITH BITTERNESS

1. Follow _____ LAMECH _____ and seek _____ REVENGE _____

Genesis 4:10-15 NIV

The Lord said, “What have you done? Listen! Your brother’s blood cries out to me from the ground. Now you are under a curse and driven from the ground, which opened its mouth to receive your brother’s blood from your hand. When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.” Cain said to the Lord, “My punishment is more than I can bear. Today you are driving me from the land, and I will be hidden from your presence; I will be a restless wanderer on the earth, and whoever finds me will kill me.” But the Lord said to him, “Not so; if anyone kills Cain, he will suffer vengeance seven times over.” Then the Lord put a mark on Cain so that no one who found him would kill him.

Genesis 4:23-24 NIV

“I have killed a man for wounding me, a young man for injuring me. If Cain is avenged seven times, then Lamech will be avenged seventy-seven times.”

2. Follow _____ JESUS _____ and offer _____ FORGIVENESS _____

Matthew 18:21-22 NIV

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times.

HOW TO GET RID OF BITTERNESS

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1. Kill bitterness with KINDNESS

Ephesians 4:31-32 NLT

Get rid of all bitterness... Instead, be kind to each other...

Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord. Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads." Don't let evil conquer you, but conquer evil by doing good. Romans 12:19-21 NLT

2. Kill bitterness with TENDERNESS (compassion)

Ephesians 4:31-32 NLT

Get rid of all bitterness... Instead, be...tenderhearted...,

3. Kill bitterness with FORGIVENESS

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Get rid of all bitterness...Instead, be... forgiving one another, just as God through Christ has forgiven you.