



the lake church

January 28, 2024

How to Positively Handle the Negativity - # 4



See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

Hebrews 12:15

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Ephesians 4:31

"Bitterness is like drinking rat poison and waiting for the rat to die." ...John Ortberg

STEPS YOU MUST TAKE...

1. UNCOVER THE ROOT OF BITTERNESS

Hebrews 12:15/Proverbs 4:23

2. UNDERSTAND THE RESULT OF YOUR BITTERNESS.

Matthew 17:16/Hebrews 12:15/Matthew 6:15/
Hebrews 12:14-15

Bitterness Will Negatively Affect You:

1. Mentally
2. Emotionally
3. Physically
4. Spiritually

“Bitterness will affect you physically, emotionally, and spiritually because the fruit of bitterness is an acid that destroys its container.”

3. UNDERTAKE THE REMOVAL OF BITTERNESS

Hebrews 12:14-15/Psalm 51:10/1 Peter 5:7/ Psalm 142:2/ Ephesians 4:31/Matthew 6:12/Mark 11:25

How to Remove Bitterness from Your Heart:

1. Bury it
2. Forgive it

You will never fully forgive someone for what they have done to you until you truly experience how God has forgiven you for what you've done.

Break the Bonds of Bitterness

“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” Ephesians 4:31-32