

Sunday Review: “There’s A Balm In The Building!” We all have wounds, but Jesus is our balm and physician. To get our healing, we must listen to the Doctor and do what He says.

This Evening’s Focus: “HEALING FROM A WOUND OF BITTERNESS”

What does it mean to be bitter? _____

Ten Characteristics of Bitter Christians

1. Bitter Christians are _____ of _____.
2. Bitter Christians are _____, _____.
3. Bitter Christians are _____ and _____.
4. Bitter Christians are _____ and unable to _____ the success of others, especially people they have a problem with.
5. Bitter Christians are _____ to their own _____.
6. Bitter Christians are _____ and they keep _____ going.
7. Bitter Christians are constant _____ and perpetual _____.
8. Bitter Christians are _____ to _____.
9. Bitter Christians are _____ and _____.
10. Bitter Christians are devoid of the _____ of the _____.

Breakout Question: What experiences in your life have caused you to wrestle with not becoming bitter or remaining bitter?

1) Hebrews 12:14 – 15, ¹⁴*Pursue peace with all people, and holiness, without which no one will see the Lord: ¹⁵looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.*

- Why is being in community with other believers a risk? _____

- What does pursuing peace look like? _____

- In this context, what does it mean to “fall short of the grace of God?” _____

- What is a root of bitterness? _____

- What happens when a root of bitterness springs up? _____

2) Ephesians 4:31 – 32, ³¹ *Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.* ³² *And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*

- Based on **Ephesians 4:25 – 32**, bitterness has “siblings” named lying, wrath, anger, clamor, evil speaking, malice.
- Once the Lord heals us from bitterness, things like kindness, a tender heart, and forgiving others as we’ve been forgiven will be evident.

3) Acts 8:23, *“For I see that you are poisoned by bitterness and bound by iniquity.”*

- Peter saw something about Simon the Sorcerer that he didn’t see about himself. Simon, a new convert to Christ, had a blind spot.
- The **wound of bitterness** is a wound we never think we have, and it has us **bound**.
- It’s in community with **loving believers and spiritual leaders** that we can best discover and heal from our wounds and blind spots.

GOD’S BALM TO HEAL US FROM BITTERNESS

1. Acknowledgement/Confession: _____
2. Repentance: _____
3. Submission/Dependence: _____
4. Forgiveness: _____

5. Love/Grace: _____
6. Conversation: _____
7. Time/Wisdom: _____
8. Counseling: _____

Conclusion: Jesus has the desire and capacity to set us free from anything that binds us, including bitterness. We must be honest with Him and ourselves to begin this journey towards healing from a wound of bitterness.