

MBC Notes

The Bitterness Trap!

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When life throws you difficulty and disappointment... You have two choices:

1. You can get _____!

OR

2. You can get _____!

(Hebrews 12:15) See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

(James 3:13-18) Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. 14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth.

(Ephesians 4:31-32) Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

How to get “Better” not “Bitter” when people hurt you.

1. Keep Your Heart _____!

(Proverbs 4:20-23) My son, pay attention to what I say; listen closely to my words. 21 Do not let them out of your sight, keep them within your heart; 22 for they are life to those who find them and health to a man's whole body. 23 Above all else, guard your heart, for it is the wellspring of life.

2. Be _____!

(1 Corinthians 13:4-8) Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs

3. Don't “_____” the offence – “_____” It!

(Philippians 3:13) But one thing I do: Forgetting what is behind and straining toward what is ahead...

4. Don't Buy-Into the “_____” Mentality!

Bitterness & Resentment

...continued

(1 John 4:4) You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

5. Don't Keep _____!

(1 Corinthians 13:5) Love is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

6. Resist _____!

(Romans 13:13-14) Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. 14 Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.

7. Always Take the _____ - _____!

(1 John 4:19) We love because he first loved us.

8. Don't _____ Your Hurt, Hatred & Bitterness!

(James 4:17) Remember, it is sin to know what you ought to do and then not do it.

9. Bless Those Who _____ You!

(1 Peter 3:8-9) Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. 9 Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.

10. Forgive People When They _____ You!

(Mark 11:25) And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.”