

How to Get Rid of Bitterness

May 28, 2023

All bitterness comes from _____

Ruth 1:20, NLT – “Don’t call me Naomi,” she responded. “Instead, call me Mara, for the Almighty has made life very bitter for me.”

Ephesians 4:31, NLT – Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

What Happens When I Hold on to Bitterness?

1. **By choosing bitterness,** _____

Job 18:4, GNT – You are only hurting yourself with your anger.

Matthew 6:15, NLT – [Jesus said,] “But if you refuse to forgive others, your Father will not forgive your sins.”

Proverbs 27:3, NLT – A stone is heavy and sand is weighty, but the resentment caused by a fool is even heavier.

2. **By choosing bitterness,** _____

Hebrews 12:15b, LB – Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives.

3. **By choosing bitterness,** _____

Ephesians 4:27, NLT – Anger gives a mighty foothold to the devil.

*Romans 12:19, NLT – 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.
James 1:20, NLT – Human anger does not produce the righteousness God desires.*

2 Corinthians 2:11, NIV – ...in order that Satan might not outwit us. For we are not unaware of his schemes.

Jeremiah 29:11, NIV – “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

How Do I Get Rid of Bitterness?

1. By choosing better, _____

Job 7:11, NLT – I cannot keep from speaking. I must express my anguish. My bitter soul must complain.

2. By choosing better, _____

Colossians 1:13-14, NCV – God has freed us from the power of darkness, and he brought us into the kingdom of his dear Son. The Son paid for our sins, and in him we have forgiveness.

Colossians 3:13, NLT – Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

2 Corinthians 12:9a, NIV – But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

3. By choosing better, _____

Proverbs 15:1, NLT – A gentle answer deflects anger, but harsh words make tempers flare.

Proverbs 10:12, NCV – Hatred stirs up trouble, but love forgives all wrongs.

Romans 12:17,20-21, NIV – Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone... On the contrary: “If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.” Do not be overcome by evil, but overcome evil with good.