

Travel Light

Letting Go of Bitterness

TALK IT OVER

Additional Key Scriptures

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Ephesians 4:31-32 ESV

Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled. Hebrews 12:14-15 ESV

Now if anyone has caused pain, he has caused it not to me, but in some measure – not to put it too severely – to all of you. For such a one, this punishment by the majority is enough, so you should rather turn to forgive and comfort him, or he may be overwhelmed by excessive sorrow. So I beg you to reaffirm your love for him. For this is why I wrote, that I might test you and know whether you are obedient in everything. Anyone whom you forgive, I also forgive. Indeed, what I have forgiven, if I have forgiven anything, has been for your sake in the presence of Christ, so that we would not be outwitted by Satan; for we are not ignorant of his designs. 2 Corinthians 2:5-11 ESV

Do not be overcome by evil, but overcome evil with good. Romans 12:21 ESV

Start talking. Find a conversation starter for your group.

- Okay, food war. Which is less bitter: coffee or tea? Which is better?
- What's the pet peeve that most frequently causes you to become frustrated with people?

Start thinking. Ask a question to get your group thinking.

- Do you know someone who could be bitter but isn't? How do you think they do it?
- What life opportunities could bitterness be preventing you from fully experiencing or enjoying?

Start sharing. Choose a question to create openness.

- Bitterness is a burden that hurts you most. What's your history with bitterness?
- Read Colossians 3:12-13. Which of these commands are you doing well? Which would you like to grow in?
- How will you let go of bitterness by holding on to forgiveness? Share some specific ideas.

Start praying. Be bold and pray with power.

God, You love us so well. Thank You for always forgiving us, even when we don't deserve it. Holy Spirit, show us any bitterness in our lives. Please give us the strength to show compassion and forgiveness to people who have hurt us. We love You and praise You for all that You do. Amen!

Start doing. Commit to a step and live it out this week.

- Who do you need to forgive? What's your action plan?
- Is there anyone who you need to ask forgiveness from?