**Lesson 5**

**Part I How Do I Deal With My Bitterness?**

* **People become bitter for a whole host of different reasons:**
	+ They grow up in a physically abusive home.
	+ Become the “victim” of a life changing accident or disease.
	+ Became seriously hurt through a very close or trusted relationship – child-hood friend; marriage, work related, church relationship, etc.
	+ To have asked God for something with un-Biblical expectations and was denied.
	+ To become a 30+(?) single adult who has not foolishly married, but bitter because they are not yet married.
1. Before we can truly deal with the matter, it is best to have a working definition for a greater understanding.
* **Hurt, Anger/Wrath, and Bitterness make up the trinity of self-destruction and misery!**
	1. Working definition for \_\_\_\_\_\_: An experience or event that we believe or perceive to attack us as a person and/or event that negatively disrupts our life (physically, mentally, or emotionally).
		1. Sometimes it may be very serious.
		2. Sometimes it may be very petty.
	2. \_\_\_\_\_\_\_\_\_\_ is the sinful, emotional response of the flesh responding to someone or something that has either attacked you as a person or has disrupted your life.
		1. Anger is the inward focus wherein we emotionally erupt because we have been hurt.
		2. Wrath is the outward focus wherein we seek to vent our anger towards the origin of the hurt, but typically “splatters” beyond that.
	3. Working definition for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: To have an obsession with the discontentment or dissatisfaction with circumstances, experience, person or event within your life. Typically is associated with a perceived hurt.
		1. The perceived hurt is likened to a wound and then bitterness is likened to an infection that develops when we do not \_\_\_\_\_\_\_\_\_\_\_\_\_ respond to the original hurt (wound).
		2. Bitterness is the sinful obsession over a perceived hurt such that it totally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your total person – mentally, emotionally, spiritually, physically, and socially.
		3. While there are certain Biblical “antibiotics” for the infection of bitterness, it will never be truly absolved until you return to a \_\_\_\_\_\_\_\_\_\_\_ response to the original hurt.
1. Some key passages that teach us about bitterness:
	1. {OT – pg. 843} Proverbs 14:10a 🡪 What do we learn about bitterness?
		1. Inside \_\_\_\_ \_\_\_\_\_\_\_\_\_\_ that we are bitter and probably know the original hurt.
	2. {OT – pg. 710} Job 10:1 🡪 What do we learn about bitterness?
		1. Can cause us to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_ feelings.
		2. Will affect your \_\_\_\_\_\_\_\_\_\_\_.
	3. {NT – pg. 220} Rom. 3:14 🡪 What do we learn about bitterness?
		1. A heart of bitterness always has bad \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – cursing!
		2. While one may not use blasphemous words per se, their speech basically will \_\_\_\_\_\_\_\_\_\_\_\_\_\_ life, etc.
	4. {NT – pg. 180} Acts 8:23 🡪 What do we learn about bitterness?
		1. “Gall” = a type of poison that is used to kill for the most part; however, it was also used with wine and given to a prisoner to escape the reality of full pain.
		2. Bitterness is a killer in your \_\_\_\_\_\_\_; a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to reality in life.
		3. Bitterness is a companion to being in a bond of iniquity 🡪 always produces sinful behavior.
	5. {NT – pg. 319} Hebr. 12:15 🡪 What do we learn about bitterness?
2. Causes a person to fail within the intent of God’s grace. (Does not mean lose salvation!  **The fullness of His joy. John 15:11{NT – pg. 157}; I John 1:4{NT – pg. 335}**)
	* 1. It will greatly \_\_\_\_\_\_\_\_\_\_\_\_ your life.
		2. You will defile the lives of \_\_\_\_\_\_\_\_, if not all, that are around you. (Family, spouse, work, church, school, etc.)
	1. {NT – pg. 277Eph. 4:31 🡪 What do we learn about bitterness?
		1. We are to get it out of our lives!
3. Biblical steps for victory over bitterness.
	1. The first step is to recognize it as \_\_\_\_\_\_\_, confess it to God for His forgiveness ({NT – pg. 277} Eph. 4:31; {NT – pg. 335} I John 1:9).
	2. Because your bitterness has no doubt defiled many, you will want to go to those that you can and apologize to them and ask for their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
		1. Please understand, you may not be able to recover all that has been damaged or lost.
		2. Regardless of what is recovered, this step is important for your having a clear conscience before God.
	3. Then understand that you will never truly have victory over or from bitterness until you are ready to Biblically respond to the perceived hurt that has caused the bitterness.
		1. Every real and/or perceived hurt that you “feel” is the result of personal \_\_\_\_\_\_\_. ({NT – pg. 324-325} James 4:6, 10; {NT – pg. 331} I Pet. 5:5-6)
		2. If the perceived hurt was encountered from a person, then you must be willing to forgive that person for their actions regardless of their \_\_\_\_\_\_\_\_\_\_\_\_. ({NT – pg. 277} Eph. 4:32)
		3. Believe and trust the divine truth found in {NT – pg. 226} Roman 8:28 as true – \_\_\_\_\_\_ things happen for your good; even the hurts that you experience.
		4. Believe and trust the divine truth found in {OT – pg. 74} Gen. 50:19-20 as true – what people, events or experiences may have meant for evil, God can use for \_\_\_\_\_\_\_\_\_.
		5. Sometimes the real or perceived hurts that we have experienced are \_\_\_\_\_\_\_-inflicted by our own sinful, negligent, or foolish behavior. Learn from the consequences of your bad behavior and change to do right. ({NT – pg. 334} II Pet. 3:18)
		6. Discover how you can use the hurtful experience to \_\_\_\_\_\_\_\_ God ({NT – pg. 246}I Cor. 10:31).
		7. As a good soldier of Jesus Christ learn how to endure “\_\_\_\_\_\_\_\_\_\_\_\_” in life i.e. the hard and hurtful issue of life ({NT – pg. 301 II Tim. 2:1-4).
		8. Learn to rejoice in the Lord that you are counted worthy to suffer for His name’s sake ({NT – pg. 176} Acts 5:41).
		9. Learn self-denial and a willingness to bear your \_\_\_\_\_\_\_\_ for Christ ({NT – pg. 16} Matt. 10:37-39; {NT – pg. 27}16:24-26; {NT – pg. 111}Luke 14:27).