
Is It Time To Get Off The Emotional Roller Coaster?

“Beating Bitterness”

Hebrews 12:14-17

05-18-25

Introduction: As we continue our study where we are focused on human emotion, we come to the subject of bitterness.

1. Bitterness is a settled state of mind/emotion that leads to a belligerent attitude filled with animosity.
2. Bitterness is similar to anger in that they spring from the same soil, but anger can be instantaneous whereas bitterness requires time.
3. Unresolved problems grow into bitterness.
4. We often feel the problem is external, but the reality is, it's internal.
5. When we respond to life as God intends, we get better, not bitter.
6. We can and we should rule over bitterness.

I. By Understanding The Course Of Bitterness

A. Carelessness

B. Internal Hurt

C. Defilement

II. By Understanding The Cure For Bitterness

A. Seeing Vertically

B. Go On Offense

C. Practice Consideration

D. Stay Positive

E. Express Love

F. If Guilty ... Confess, Forsake, Restructure

Conclusion: If we let it, bitterness will destroy everything it touches.

1. We must rule over it:

- By understanding how it's developed.
- By understanding how it's prevented.
- By Understanding how it's cured.

2. When we win this battle:

- We experience peace on a personal level.
- We experience harmony relationally.