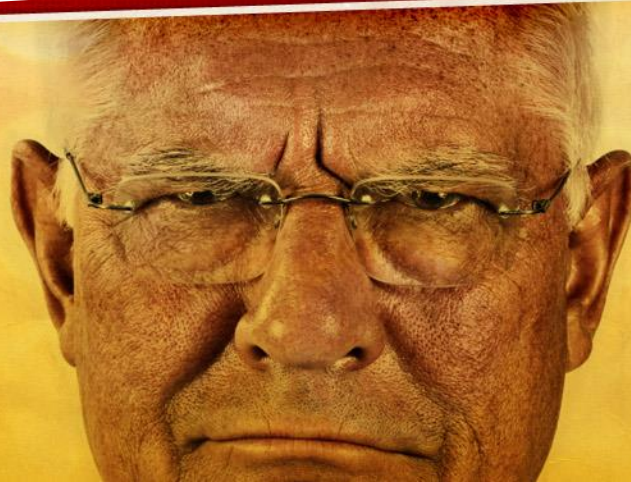


Overcoming Resentment And Bitterness

EPHESIANS 4:25-32 (p 1346)



WHERE DOES BITTERNESS COME?

Envy and Jealousy

- Joseph **Genesis 37 (p42)**
- Korah **Numbers 16 (p171)**
- Jonah **Jonah 4 (p1069)**
- Jesus **Matthew 27:15-18 (p1148)**

**FOR THIS IS COMMENDABLE, IF
BECAUSE OF CONSCIENCE TOWARD
GOD ONE ENDURES GRIEF,
SUFFERING WRONGFULLY.**

1 PETER 2:19 (P1392)



COMMON FORMS OF BITTERNESS

I am mad ... form of bitterness.

It's not fair ... form of bitterness.

The big "I" ... form of bitterness

I wish ... form of bitterness

If I could just ... form of bitterness



SOLUTIONS TO BITTERNESS

Repentance Ephesians 5:1 (p1346)

Change heart Colossians 3:23-25 (p1355)

Example of Jesus

1 Peter 2:18-21 (p1392)

John 8:32 (p1232)

LIKE A SPARROW IN ITS FLITTING, LIKE A SWALLOW IN ITS FLYING, A CURSE THAT IS CAUSELESS DOES NOT ALIGHT.

PROVERBS 26:2 (P755)



SOLUTIONS TO BITTERNESS

Repentance Ephesians 5:1 (p1346)

Change heart Colossians 3:23-25 (p1355)

Example of Jesus

1 Peter 2:18-21 (p1392)

John 8:32 (p1232)

Follow Jesus John 21:19-22 (p1251)

Be thankful 1 Thess. 5:18 (p1359)

Philippians 4:12 (p1351)

Be busy Galatians 6:9-10 (p1341)



Hebrews 12:12-17
(p1383)

LET THIS MIND BE IN YOU WHICH
WAS ALSO IN CHRIST JESUS
(PHILIPPIANS 2:5)

A man in a dark suit, light shirt, and patterned tie stands in an office, looking down with a thoughtful expression. The background is dimly lit, showing office equipment like a laptop and a power outlet. The overall mood is contemplative and professional.

Need a Soul Rest?

Come to me, all you who
are weary and burdened
and I will give you rest.

Matthew 11:28 tniv

www.heartlight.org