

## "THE ROOT OF BITTERNESS"

### Hebrews 12:15

The Definition of Bitterness -

A strong feeling of disliking, smoldering, resentment, or even hatred. A spirit of irritability that keeps a person in perpetual animosity making him sour and venomous.

#### 1. THE TAPROOT OF BITTERNESS

##### A. An Internal Offense

- 1) A trusted friend fails your trust
- 2) A trusted friend betrays your confidence
- 3) A trusted friend fails to agree with you on a very sensitive issue
- 4) Your spouse fails to live up to your expectations
- 5) Your parents are less than perfect
- 6) Your children fail to live up to your expectations
- 7) God doesn't seem to meet your need, solve your problem, or grant your desire when or how you think He should.

##### B. A Personal Denial

#### 2. THE TROUBLE WITH BITTERNESS

##### A. Causes Spiritual Trouble

##### B. Causes Emotional Trouble

- 1) Meaningless Fear
- 2) Unnecessary Defeat
- 3) Unreasonable Jealousy
- 4) Ungratefulness
- 5) Restlessness
- 6) Quick Temper
- 7) Lack of Trust of Others
- 8) Withdrawal from Others

##### C. Causes Physical Trouble

- 1) Headaches
- 2) Stomach Disorders
- 3) High Blood Pressure
- 4) Stress Induced Cancer

##### D. Causes Corporate Trouble

#### 3. THE TREATMENT FOR BITTERNESS

##### A. Recognize Your Bitterness

##### B. Realize it is Your Problem

##### C. Repent of Bitterness

##### D. Appropriate the Grace of God

E. Release the Person from Having to Live Up to Your Expectations

F. Invest in the Life of the One Who Hurt You