

The Cure For Bitterness

Hebrews 12:15

Introduction:

The Curse of Bitterness – self-induced misery that produces chain-sinning.

The Cause of Bitterness - the root cause of bitterness is an inadequate view and understanding of God.

Exodus 32:1 – Only 38 or 39 days have gone by and the next words we hear from the people -

This verse illustrates their inadequate view and understanding of God.

1. If I cannot see Him or His representative, He must not be here.
2. If He is not here, I don't know where He is.
3. If I don't know where He is, He cannot know my needs nor hear me.
4. If He cannot hear me, He cannot help me.
5. If He cannot help me, I am upset and bitter because He brought me out here.
6. If He cannot help me, I must have some gods who can help me.
7. Therefore, I need gods who will help me.
8. So, I will make gods who will help me.

I. The Course Of Bitterness.

A. The soil in which the root of bitterness especially grows is the soil of unforgiveness.

B. Dr. Walter Fremont gave the following 8 signs that anger is becoming bitterness:

1. Self-pity or a wounded spirit.
2. Saying, "it is not fair."
3. Refusing to thank God for a difficult situation.
4. A caustic, critical, sarcastic attitude.
5. Being easily offended.
6. Holding a grudge or keeping a list of complaints against a person.
7. Wishing that someone would experience retribution or judgment.
8. Being extremely negative about a person.

II. **The Consequences Of Bitterness.**

A. We saw an extreme example in Ahithophel.

B. Bitterness prevents us from having good relationships with others.

C. Bitterness will keep you from enjoying life.

D. Bitterness will prevent you from having fellowship with God.

E. Another classic example of bitterness – Acts 8:18-23.

III. The Cure For Bitterness.

A. Consider Ourselves – Psalm 139:23-24.

B. Confess Our Sin – I John 1:9.

C. Confront Our Inadequate View of God.

D. Christlike Forgiveness – Ephesians 4:32.

E. Complete Replacement of Bitterness – Ephesians 4:31-32.