

August 4, 2013

## **Freedom from Bitterness**

*Hebrews 12:14-15*

Introduction:

Life would be a breeze if all we ever had to do was lay by the poolside, or on the beach, or take perpetual vacations. However, in reality we all know life can be a bitter-sweet experience. One day life is good, and the next day life takes an unexpected turn.

Out of all the human emotions we face, the one that constantly haunts me is that of bitterness. As a pastor and someone who is constantly intertwined with ministry, I know a lot of bitter people.

**Bitterness is harbored hurt hidden in the heart.**

"Bitterness" is the obsessive sorrow in your spirit that occurs when someone has deeply hurt or disappointed you. Bitterness often enters a person through a family wound, a hurt, a perceived injustice, a relationship disappointment, or a severe loss of someone or something very dear to you. Should you allow bitterness to remain, however, it will eventually destroy your life and your relationship with the living God.

Satan knows that if he can get you offended and deceive you into harboring anger and bitterness, he can eventually cause you to fall spiritually.

**"Bitterness is the poison you swallow while hoping the other person dies."**

### **I. The Powerful Root of Bitterness**

Hebrews 12:15 (ESV) *See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled.*

- Bitterness is defined as a root. A root is something that is beneath the surface, invisible to the eye, but nevertheless is real. The root of bitterness needs very little soil in order to cultivate a quick growth.

### **Three Reasons for Bitterness:**

1. What has been *done* to us
2. What has been *said about* us
3. What has been *taken from* us

**It is always better to be wronged than to do wrong.**

### **Two Choices When Someone Does You Wrong:**

1. You can get bitter
2. You can get better

## **II. The Poisonous Fruit of Bitterness**

Hebrews 12:15b *the root of bitterness springs up and causes trouble...*

- There is no passion of the human heart that promises so much and pays so little as bitterness.
- Bitterness:
  - A. Destroys the mind
  - B. Depresses the spirit
  - C. Damages the body
- Bitterness does a great deal more damage to the vessel in which it is stored than the object on which it is poured.

## **III. The Passionate Pursuit From Bitterness**

- A. Stop focusing on the problem
- B. Stop focusing on the person