



Travel Light

Letting Go Of Bitterness

Presenter: Jim Hammond

Talk It Over

Travel Light

Week 3:

“Letting Go Of Bitterness”

SMALL TALK

1. Okay, food war. Which is less bitter: coffee or tea? Which is better?
2. What's the pet peeve that most frequently causes you to become frustrated with people?

VIEWPOINT

3. **READ Hebrews 12:14-15.** What are some bitter roots you could take care of before they grow up to cause trouble?
4. **READ Matthew 6:14-15; 18:21-35.** Why is forgiving who has offended us so important?
5. **READ Ephesians 4:31-32.** How many kinds of bitterness are we to get rid of? How are we taught to do this? How does this actually work?

GETTING PERSONAL

6. Do you know someone who could be bitter but isn't? How do you think they do it?
7. What life opportunities could bitterness be preventing you from fully experiencing or enjoying?
8. Bitterness attempts to destroy love, intimacy, and trust. What's your history with bitterness?

MAKING PROGRESS

9. Why is bitterness such a big deal? How does this get in the way of loving God (and neighbor) wholeheartedly, arguably the most important directive from God? What will you do this week to let go of bitterness?

I. Why?

A. You can't control what people do, but you can control how you _____.

B. Bitterness has a dangerous _____.

C. Bitterness produces a poisonous _____.

II. How?

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