

Connection Group Discussion Questions

1. Have you ever sought revenge on another person? How did you do it? What was the result?
2. Read **Hebrews 12:15**. How have you seen bitterness distort and defile people? What happened?
3. Of the five keys to letting go of bitterness, which one is the most difficult for you?
4. Read **Matt. 18:21-22**. Can you describe a time when you released someone who wronged you? What happened?
5. Read **Eph. 4:32**. How does remembering Christ's cross enable us to forgive others?



BREAK FREE FROM BITTERNESS

Break Free, Part 11
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What is Bitterness?

1. _____ wrongs
1 Cor. 13:5 (NLT) Love... keeps no record of when it has been wronged.
2. Seeks _____
Gen. 4:23 Then Lamech said to his wives: “Adah and Zillah, hear my voice; Wives of Lamech, listen to my speech! For I have killed a man for wounding me, Even a young man for hurting me. If Cain shall be avenged sevenfold, then Lamech seventy-sevenfold.”
3. Refuses to _____
Matt. 18:18 Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

The Bondage of Bitterness

1. _____ **you**
Heb 12:15b ...Lest any root of bitterness springing up cause trouble...
2. _____ **others**
Heb 12:15b-c ...Lest any root of bitterness springing up cause trouble, and by this many become defiled.
3. _____ **you**
Matt 18:32-35 Then his master, after he had called him, said to him, “You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?” And his master was angry, and delivered him to the torturers until he should pay all that was due to him. So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.

Letting Go of Bitterness

1. _____ **you have been wronged.**
Gen 50:20 But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.

2. _____ **with the wrong doer.**
Rom. 3:23 For all have sinned and fall short of the glory of God.
3. _____ **the debt of the wrong doer and release him.**
Matt. 18:21-22 (NIV) Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.

1 Pet 2:22-23 Who committed no sin, nor was deceit found in His mouth, who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously.
4. _____ **the good of the wrong doer.**
Matt 5:44 But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.

Rom 12:18 If it is possible, as much as depends on you, live peaceably with all men.
5. _____ **the cross.**
1 Pet 2:24 Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

Acts 7:60 Then he knelt down and cried out with a loud voice, “Lord, do not charge them with this sin.” And when he had said this, he fell asleep.