A. Have you ever been wronged by someone, and then found yourself seething with feelings of _______ and ____________.

B. Bitterness starts out ______________.

C. Bitterness becomes like a slow ___________ or __________ destroying us from the inside out.

D. We tried to hide our bitterness, but it is like a ___________ that we try to submerge, but it pops up with all its ____________.

E. The book of Hebrews warns us about allowing bitterness to take ________ (12:15).

F. God has given us the ability to feel anger and resentment so that we can be aware of _______________ and other kinds of personal ____________.

G. When we are injured and harmed, we should feel the pain and bitterness of it, but it needs to lead us to do what we can to ________ ourselves and bring __________.

H. Let’s do what the old saying suggests: “If life gives you ______, make ________.”

I. Consider the example of __________ - her story is found in the book of ________.
   1. Great tragedy fell on her as her ___________ and two ________ died.
   2. When she returned to her homeland, she told the people to call her “______” which means “________”
   3. Her daughter-in-law, ________ returned with her and God brought her together with ________ the family redeemer, and they had a son whose descendants were ________ and ________.

J. Consider the example of ____________.
   1. He experienced unimaginable __________ from his __________.
   2. Yet, in the midst of his betrayal and pain, the _________ was ________ him.
   3. Eventually, he became the _________ over all of ________.
   4. During the _________ his brothers came to _________ looking for ________.
   5. Instead of _________ them, he extended them ________ upon ________.
   6. He is an excellent example of trusting in God’s __________ in trials.

K. In many ways, the life of __________ foreshadows the life of ________.

L. Here are four things we can do to keep bitterness from taking hold in our lives:
   1. We can bring our ___________ to God for ____________. (Ps. 147:3)
   2. We can ___________ the ______________ of God. (Rom. 8:28)
   3. We can extend God’s _________ to others through ___________. (Mt. 6:12, 14-15; Eph. 4:31-32; Lk. 23:34)
   4. We can seek to show __________ toward our __________. (Lk. 6:27-28)

M. The story of __________ ______ ________.