

# Life's Too Short... To Be Bitter



## To the leader:

Open your group in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions in the notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions at the end of the page.

On Sunday, Pastor Nick continued in our new series talking about how life's too short to be bitter. We learned that anger comes from a present situation and hurt where bitterness comes from anger continually coming up from the past. We all know of some instances where people allowed anger to completely ruin a relationship and Nick encouraged us to ask ourselves "with whom or what am I bitter?" We sought to understand bitterness more by learning that it has a painful root and produces a poisonous fruit. At the end of the day, we were encouraged to invite the Holy Spirit to reveal to us any place where bitter fruit is growing and to repent as well as forgive others that we have been bitter towards.

*"Bitterness grows without much effort  
but dies with gratitude and forgiveness."*

- ◆ In what way have you experienced the power and/or consequences of bitterness in your life?
- ◆ In what situations have you gotten to the place where you have forgiven the "who" or "what" behind your bitterness?

## Let's review the points from the message Sunday:

1. Bitterness has a painful root
  - ◆ What danger is there in that bitterness grows a lot below the surface before it becomes too noticeable?

- ◆ In what way does the Bible clearly tell us to resolve bitterness in our lives? (check out Ephesians 4:31)
2. Bitterness produces a poisonous fruit
    - ◆ In what way does bitterness defile?
    - ◆ If you are honest with yourself, how many of the poisonous fruits Nick talked about are present in your life?

## Now what?

- ◆ With whom or what are you bitter?
- ◆ What steps are you going to take towards forgiving them, releasing the bitterness and moving on from the hurt?

## Three Essential Questions

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*