

Discussion Questions

August 10, 2025

ANCHORED

Holding on to Faith, Hope and Peace amid the storms of life



Anchored: Letting go of Bitterness

1. Have you seen bitterness in other people? What does it look like?
2. Have you ever had to deal with bitterness?
3. What have you heard the Holy Spirit say to you about it?
4. What's one take away from this morning's message that you can take home with you and work on with Jesus ?

Hope is the fuel for Faithfulness

If we have died with him, we will also live with him; if we endure, we will also reign with him; if we deny him, he also will deny us; if we are faithless, he remains faithful - for he cannot deny himself.

Hope is the fuel of faithfulness

_____ is the fuel for unfaithfulness?

The answer: **Bitterness**

Bitterness:

resentment, disgruntledness, discontent, grudge, indignation, sourness, rancor, spite

The spectrum of Bitterness

Irritation – resentment – anger – bitterness

- Esau made Isaac and Rebekah's life bitter by the wives he chose (Genesis 26:35)
- Esau was bitter at Jacob for the con job he pulled off in stealing his birthright and blessing (Genesis 27:34)
- Marah (bitter) was the name of the well in the desert they couldn't drink from – and they quarreled with Moses (Exodus 15:23)
- Naomi – "for God has dealt very bitterly with me" (Book of Ruth)
- David – all those who were "bitter in soul" gathered to him (1 Samuel 22:2)
- Michal – (2 Samuel 6:20)
- Simon the magician – "the gall of bitterness and bond of iniquity (Acts 8:23)

Ephesians 4:29 - 31

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Hebrews 12:14 - 16

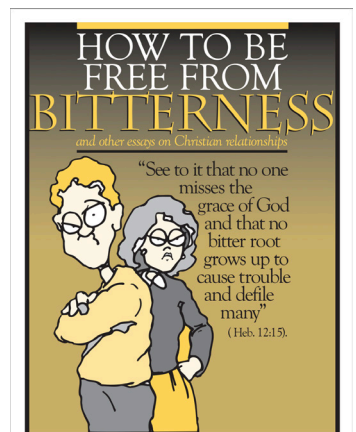
Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled; that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal.

Luke 6:45

The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Point #1 – We as people like to hold things against other people**Leviticus 19:18**

You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the LORD.



Point #2 – The difference between bitterness and guilt

Guilt is what we feel when we sin, bitterness is what we feel when others sin against us!

Bitterness is always based upon someone else's sin – again, whether real or imagined

Bitterness is based on sin that somehow relates to you. It is not how big the sin is – it is how close the sin is!

Likely Targets/Candidates

Fathers	Mothers	brothers	sisters	children	neighbors	boyfriends
girlfriends	roommates	Bosses	co-workers	relatives		

Closest target = Husbands and Wives!

Most likely target = God

Point #3 – The Bible/God does not grant anyone the right to be bitter

Hebrews 12:15

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

Ephesians 4:31

Get rid of all bitterness

Point #4 – Stuffed bitterness creates heavy emotional baggage that is hard to lug around

Romans 12:17 - 19

Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."

Point #5 – Bitterness remembers details

Point #6 – You must be ruthless in dealing with you bitterness

Psalms 34: 6

Those who look to him are radiant, and their faces shall never be ashamed.