

Westwood Life Groups - *A Place to Belong & A Place to Grow*

Life Group Leaders & Meeting Times (groups with a * meet at the Westwood building):

*11:45 - David Britton

*1:00-Bob Deason

1:30 - Terry Boyd & Tim Deason

6:00-Byron Chambers, Tim Jennings 6:00 - *Jimmy Priestley, John Hanson, Ken Beck,
Rudie Thomsen, *Mike Garrison, Brad Hillis, *Kelly Hillis

(PLEASE, CALL IN ATTENDANCE TO CHURCH OFFICE)

Finding Joy in a Bitter World

- **Hebrews 12:14-15**
- Bitterness doesn't touch the person you are bitter toward, but it sure will harm you, no exceptions.
- The other person continues their life, and may be happy and content, and never even think about you, but because you hold bitterness for them, they continue to control your life.

I. Bitterness Will _____ You _____

If you have unresolved bitterness in your life, you are not walking in the Spirit, but in the flesh!

- **Galatians 5:22-23**

II. Bitterness Will _____ You _____

Psalm 51:12

- **Psalm 32:3-4**

III. Bitterness Will _____ You _____

- Where there's bitterness, there's discouragement.
- **Hebrews 12:12**

IV. Bitterness Will _____ Your _____

- There's a spill-over effect with bitterness.
- Bitterness toward anyone, living or dead, will destroy your relationship with God.

Close...

- So how do you to remove bitterness? (**Hebrews 12:15**).
1. _____
 2. _____ (**Ephesians 3:20; John 20:22-23**)
 3. _____ (**Matthew 5:44; Romans 12:14; Ephesians 4:31-32**)

Westwood Church of Christ
Sunday Morning
July 16, 2017

Life Group Questions
July 16, 2017

1. Have there been times in your life that someone has done something to you that you found hard to forgive? If you have forgiven the person(s), what things did you do that proved helpful?
2. Bitterness necessitates that you walk in the flesh and not in the Spirit of God. Notice the “*fruit of the Spirit*” in **Galatians 5:22-23**. How many of these do we demonstrate when we are bitter and unforgiving?? How would practicing these traits help us overcome bitterness, resentment and an unforgiving spirit?
3. In **Psalm 32:3-4** David spoke of the physical problems he felt during his time “away from God”. Bitter people aren’t walking with God. Consider the **physical** problems one may endure from being bitter.
4. Bitter people are discouraged people. Bitter people become negative, critical and paranoid! What is the remedy for the negative **emotions** associated with bitterness?
5. There is a “spill-over” effect to bitterness. In other words, you don’t have to be bitter toward your spouse to ruin your marriage. Think of the many relationship that can be ruined by a bitter heart. How can a bitter heart ruin your relationship with God?
6. What three steps did we mention this morning that will help us overcome bitterness? Discuss each of these.
7. Read **Matthew 5:44, Romans 12:14 and Ephesians 4:31-32**. How would following these verses help us remove and keep out bitterness from our hearts, lives and relationships?