

NEXT STEP QUESTIONS

1. Spend 7 minutes discussing this week's talk. What was something that stood out to you or challenged you?
2. How would you describe the relationship between resentment and bitterness? Why are they so damaging to relationships? What are some of the symptoms of resentment? Bitterness?
3. Read Ephesians 4:29, 31-32. What insight do these passages give us about Christian living? Which aspect is most challenging for you?
4. Read James 1:2-5. In what ways can this passage encourage us as we work through resentment and bitterness?
5. Which of the four points of Biblical forgiveness do you find the most difficult? Why?
 - a. Remember Your Own Forgiveness
 - b. Let Go of Your Right to Get Even
 - c. Build a Healthy Relationship with the Father
 - d. Responding to Evil with Good
7. How do spiritual disciplines strengthen our fight against bitterness? Which spiritual discipline do you need to focus on this week?
8. How do prayer, reading the Bible, fasting, meeting together in community, praise and worship affect our attitude?

Action Step

Ask God to reveal your resentment toward someone or the bitterness rooted in your heart and ask for His help in overcoming it. During your first seven minutes, pray for peace, patience and wisdom over the situation. Ask God to reveal and refine your heart.



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Masterpiece

Get
Ready

May 25-26, 2019
Kevin Cumming

The Older Brother

"Meanwhile, the older son was in the fields working. When he returned home, he heard music and dancing in the house, and he asked one of the servants what was going on. 'Your brother is back,' he was told, 'and your father has killed the fattened calf. We are celebrating because of his safe return.'

"The older brother was angry and wouldn't go in. His father came out and begged him, but he replied, 'All these years I've slaved for you and never once refused to do a single thing you told me to. And in all that time you never gave me even one young goat for a feast with my friends. Yet when this son of yours comes back after squandering your money on prostitutes, you celebrate by killing the fattened calf!'

"His father said to him, 'Look, dear son, you have always stayed by me, and everything I have is yours. We had to celebrate this happy day. For your brother was dead and has come back to life! He was lost, but now he is found!'"

Luke 15:25-32 NLT

The Problem with Resentment

- 1. _____ Your Own Heart
- 2. Miss Out on the _____
- 3. Not _____ Jesus

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32 NIV

Biblical Forgiveness

1. Remember Your Own _____

Make allowance for each other's faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Colossians 3:13 NLT

2. Let Go of Your Right to _____

"Never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it"

Romans 12:19 TLB

3. Build a Healthy Relationship with the _____

4. Respond to Evil with _____

"Do good to those who hate you, bless those who curse you, pray for those who mistreat you"

Luke 6:27-28 NIV

5. Repeat the _____ as Long as Necessary

Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!"

Matthew 18:21-22 NLT

Forgiveness is Not

- _____ what happened
- Re-establishing Full _____
- _____
- _____ Cure for Hurt

Challenge: Ask God to reveal any bitterness rooted in your heart and deal with it.

Prayer/Reflection:
