

## Verse of the Month

*“But (Jesus) said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.”*  
(2 Corinthians 12:9–10, ESV)

## Anger & Bitterness

Anger is a natural response to being hurt, wronged, abused, robbed, or betrayed.

*“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”* (Ephesians 4:26–27, ESV)

Anger crosses over to bitterness when it is allowed to persist.

*“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”*  
(Ephesians 4:31–32, ESV)

*“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;”* (Hebrews 12:14–15, ESV)

No relationship exists without forgiveness.

## Types of Bitter People

1. The Archeologist
2. The Case Builder
3. The Negative Reporter
4. The Bridge Burner
5. The Overly Emotional
6. The Fanatic

## It Starts with God

Forgiveness starts with God’s forgiveness

*“and forgive us our debts, as we also have forgiven our debtors.”* (Matthew 6:12, ESV)

## 10 Things Forgiveness Is

1. Not vengeance.
2. Shifting your focus from the one who hurt you, to the One who can heal you.
3. Both a one time event and an ongoing process.
4. Passing the case to a higher court.
5. Taking the burden you cannot carry and handing it to Jesus to carry.
6. Giving up control of the outcome.
7. Making but not keeping a record of wrongs.
8. Boxing it up and putting it out of sight.
9. Opening the door for their repentance and your reconciliation.
10. Choosing health for your body and soul.

