



## Session 5:

# Unpacking Bitterness

To view the video for this session, go to <http://www.ariseministries.net/lightenup>

*In this week's session, we discovered that bitterness is birthed from an offense where someone or something did us wrong. It is dangerous to our spiritual health as it grows beneath the "hood of our souls" sprouting other infectious emotions. If left to fester, it poisons not only us but the ones we love. The problem with a bitter person is not the offense, but one's unwillingness to offer forgiveness and see oneself forgiven by God. Through Christ, we can be set free from this heinous entanglement.*

\*1. Circle the personal thoughts that water the root of bitterness. Which sound familiar? Explain.

- I didn't deserve this infraction.
- That's not fair.
- You don't understand what they did to me.
- I'll never get over this violation.
- I'll ignore the person.
- They'll be sorry.
- Someone needs to pay for this injustice.

2. Read Deuteronomy 29:18. What adjectives are used to describe the root of bitterness?

\*3. In addition to bitterness being fatal to your well-being, according to Hebrews 12:15, what does it do to your children and those in your relationship circle?

4. Underline the synonym and synonym phrases that relate to what the root of bitterness does to your soul.

*The root of bitterness* \_\_\_\_\_.

corrupts	tarnishes	fosters inner wholeness
ruins	displeases the Father	generates Christ-like love
empowers	stabilizes	demobilizes a positive disposition
suffocates joy	weakens health	snuffs out motivation
promotes bondage	separates others from you	deprives
ages	propels God's favor	makes one irritable and unwise

\*5. Bitterness is like a submerged beach ball. Explain.

6. How does hearing David's response to his own bitterness toward Ahitophel help you not to feel so bad about your own resentment? From Psalm 55:16, write down the three words that indicate David had a "say-so" in whether or not he would allow the offense to take root.

7. How would you answer this question from today's lesson: *Have you given up your personal right that the other person should fix the wrong?*

\*8. In the video you heard about the triangle involving God, the offended and the offender? What would that look like in your situation to practice God's solution in this example?

9. Are you ready to release the inner prisoner in you that is nurturing an unforgiving spirit? It's time to take hold of God's solution through prayer. Fill in the blanks.

*Dear Father, I acknowledge that I've harbored resentment over \_\_\_\_\_. I confess it as sin and ask you to forgive me, but I need your help in getting free from its bite. Give me an image of what it looks like that you forgave me at the cross of my rebellious actions toward you. Remind me that through Christ, I have the risen power within me to let go of \_\_\_\_\_. I embrace the higher calling: your extravagant love for me. Help me to let \_\_\_\_\_ (person's name) off my hook. I cancel the debt and expectation that they make it right. In Jesus' name. Amen.*

10. What is God saying about your choice to lighten' up and unpack bitterness?

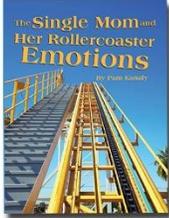
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*My precious Heavenly Father, remind me that when Peter asked Jesus how many times he should forgive someone, Jesus remarked seventy times seven (490 times). Enable me to remember that I CAN forgive this offense because you've commanded me to do so. Therefore, because the Spirit of God lives within me, YOU will provide the ability for me to offer forgiveness over and over and over, just as YOU have forgiven me over and over and over. Thank you for yanking out this bitter root. I leave the results to you. In Jesus' name. Amen.*

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**Notes for Thrive Group Discussion:**

1. Briefly express your thoughts on the video, Session 4: Unpacking Fear.
2. Talk about spiritual concepts you learned.
3. Discuss the questions marked with \*. If time allows, share answers to other questions from the study.
4. Identify a choice you need to make this week, one that will honor God.
5. Consider ideas that will enable you to let go of the offense.



For a deeper study, take advantage of Pam Kanaly's book – *The Single Mom and Her Rollercoaster Emotions*. Enjoy the material - the book, the MP3 version or the CD set. ([www.ariseministries.net/store](http://www.ariseministries.net/store))

To connect with a **Thrive Group**, inquire at [www.ariseministries.net/thrive](http://www.ariseministries.net/thrive).  
To share your thoughts regarding this study, contact us at [connect@ariseministries.net](mailto:connect@ariseministries.net).

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