

The Cross

And a Bitter Heart

Ephesians 4:25-32

Bitter.

Unforgiving.

Bitterness and an unforgiving spirit clutter the heart. They are sins keep us from being profoundly amazed and deeply grateful for God's gifts of love and grace.

Two Choices

1. You can be bitter.

or

2. You can forgive.



There ought to be a church where the people live out God's grace, love and forgiveness toward one another instead of trading blows and attacks, mired down in lives of bitterness, anger, rage, slander and malice.

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 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. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

- *Ephesians 4:25-32*

Getting to the Bottom of...

Bitterness

Bitterness...

- **Is antisocial and self-centered**
- **Rejects God's word and truth**
- **Leads to death**
- **Motivates complaining**
- **Motivates gossip**
- **Leads to other sin**

**“Bitterness is the
poison we take hoping
the other person will
die.”**

- Irish Author and Actor Malachy McCourt

the path of
Bitterness:

*Me, God and that other Jerk on
the Road from Bitterness to Malice*

**Get rid of all bitterness,
rage and anger,
brawling and slander,
along with every form
of malice. - *Ephesians 4:31***



If a wise man has an argument with a fool, the fool only rages and laughs, and there is no quiet. – *Proverbs 29:9*

**And do not grieve the
Holy Spirit of God
- *Ephesians 4***

**So what's the cure
and how do we
get rid of it all?**

**Be kind to one another,
tenderhearted, forgiving
one another, as God in
Christ forgave you.**

- Ephesians 4:32

**What about the bumper
and the really bad bump
from last week?**

There ought to be a church where the people live out God's grace, love and forgiveness toward one another instead of trading blows and attacks, mired down in lives of bitterness, anger, rage, slander and malice.