



Fresh Start – Freedom from Bitterness

Icebreaker: Share one influential person in your life that has blessed you.

Read Together: Ephesians 4:31-32 (NIV)

Discuss:

- What does the Scripture above say?
- What was the Holy Spirit speaking to you as Pastor Jason spoke?
- In what ways have relational difficulties affected your life and ability to thrive?

Discuss: Causes of Bitterness

Read together: Job 19:19 (NIV)

- **Actions done or not done to you.**
 - What does the Scripture above say?
 - What are some actions done TO you that have caused you pain or bitterness?
 - What are some actions that SHOULD have been done that weren't, thus causing pain or bitterness?

Read together: Job 19:5 (NIV)

- **Attitudes projected towards you.**
 - What does the Scripture above say?
 - When have you experienced hurt by an attitude rather than words?

Read together: Job 12:5 (NLT), Proverbs 15:4 (NLT), Job 5:2 (NIV), Hebrews 12:15 (NIV)

- **Words spoken to you.**
 - What do the above scriptures say?
 - How clearly do you remember words that have torn you apart emotionally?
 - How often do you experience a lack of connection now due to resentment from past relationships?
 - Can you think of a person who has had their health affected by bitterness?

“Many are unable to function properly in their calling because of the wounds and hurts that offenses have caused in their lives. They are handicapped and hindered from fulfilling their full potential.” - John Bevere

Discuss: Find Freedom from Bitterness

Read Together: Job 7:11 (NIV)

- **Be open and honest about your pain.**
 - What does the Scripture above say?
 - How easy is it for you to be honest regarding your emotional pain?

Read Together: Job 42:10 (NIV)

- **Make the decision to forgive.**
 - What does the Scripture above say?
 - How has God brought perspective in your emotional pain?
 - Acknowledge the pain and deal with the root. Not sure how? Talk with a Pastor or Counselor.

Read Together: Philippians 3:13 (NIV), Job 42:12 (NIV)

- **Stop looking back and look into your future.**
 - What do the scriptures for this section say?
 - Where your eyes are, your car will go. Where are your eyes when considering your future?
 - How would your circumstances change if you prayed for those who have hurt you?
 - Friendships and relationships break down because we pick up offenses. How can we let go of those offenses?

Pray: Ask God to show you how to release offenses. Ask Him to show you how to deal with offenses and to equip you to move forward in the plans He has for you!