



Bible Study

Wednesday, November 1, 2023

“HOW TO DEAL WITH HOW YOU FEEL”

Just because you are a Christian does not mean that you are exempt from uncontrolled emotions. If we do not learn how to control our emotions, our emotions will control us. In this Bible Study series, based on the book of the same title by Dr. James Merritt, we will look at topics that affect our emotions and more importantly how to control those emotions. In other words, my prayer is that these lessons will help you to “Deal with How You Feel.”

BITTERNESS

Definition: An intense feeling of ill will or resentment; often times the result of unresolved anger.

I. Anger and Bitterness are Closely Related

1. Anger leaves quickly; bitterness lingers indefinitely.
2. Anger is sometimes good; bitterness never is.
3. We can control anger, bitterness controls us.

II. Uncover the Root of Bitterness

1. Bitterness will find its root in your heart, but it will bear its fruit in your life.
2. What’s causing you to be bitter? *Genesis 4:3-5*

III. Understand the Result of Bitterness

1. Bitterness will affect you mentally.
2. Bitterness will affect you emotionally.
3. Bitterness will affect you physically.
4. Bitterness will affect you spiritually.

Hebrews 12:15

Hebrews 12:14

IV. Undertake the Removal of Bitterness

1. Forgive the one who hurt you.
2. As much as possible, forget the offense.

Ephesians 4:30-32

Philippians 3:12-13

Brothers and Sisters, the bottom line is being bitter is no way to live, but by the Grace of God you can push away the punishment of bitterness.