

HOW TO POISON YOURSELF AND OTHERS Pt.2 (Confronting the Problems of Bitterness and Unforgiveness)

- **Confronting the serious problems of unforgiveness:**

- **What are some of the metaphors for forgiveness?**

- **When you are unwilling to forgive another...**

1) You _____ the _____ through _____. (Heb.12:14-15)

2) You _____ to the _____ in your life. (Ephesians 4:26-27)

3) You _____ the _____ who seeks to produce _____ in your life.
(Eph. 4:30-31)

4) You fail to _____ the _____ you have been undeservedly given
because of _____. (Ephesians 4:32-5:2)

- What does forgiveness towards others mean?
- What does forgiveness towards others not mean?
- What is the basis and motivation of this forgiveness?

5) You _____ your _____ in your daily walk. (1 John 1:6-10)

6) You _____ the _____ and _____ to the Lord. (2 Cor.2:6-9)

- Distinction to remember:

7) You may be used of _____ to divide or destroy the _____ of a local
church. (2 Cor.2:10-11)

- What do you need to remember about the power of the tongue?

- **HOW TO OVERCOME BITTERNESS:**

1) **You must admit that your bitterness is _____ and claim God's _____ by faith. (Eph.4:30-31; Prov.28:13; 1 John 1:9; Matthew 7:1-5)**

- Why is this needed?

2) **You must realize the provision of the _____ and your _____ (Rom.6), and the _____ (Romans 8) which is available to overcome this.**

- Why is this important to realize?

3) **You must choose to _____ the person who offended you so as to release them from their guilt and hand them over to the Lord. (Eph.4:32a)**

- What does this mean?

4) **You must remember _____ by His grace. (Eph.4:32b)**

- Are you greater than God?

5) **You may need to _____ about the offense relationally. (2 Cor.2:10)**

- Why will this be needed at times? How should this be approached?

6) **You should utilize the _____ practically. (Matt.5:44)**

- What does this involve?

7) **You should embrace the _____ perspective.**

- Why is this helpful?

- A parable about forgiveness (Matthew 18:21-35)