

INVINCIBLE

CONQUERING THE MOUNTAINS
THAT SEPARATE YOU
FROM THE BLESSED LIFE

"MOVING FROM BITTERNESS TO FORGIVENESS"

EPHESIANS 4:29-32

Introduction: Today, we are going to look at one of the most difficult--yet crucial--mountains we must scale to experience the blessed life God desires for us: the mountain of bitterness.

I. The Source Of Bitterness: Unresolved Anger

Unresolved Anger + Time = Bitterness

A. Anger Defined: "Anger is the natural, physical, and emotional reaction to a perceived injustice."

B. Anger Explained

1. **Anger is _____.** (Genesis 1:27)

Genesis 1:27 "God created man in His own image, in the image of God He created him; male and female He created them."

2. **Anger is based on a perceived _____.**

3. **Anger always results in a _____.** (Colossians 3:8)

Ephesians 4:26-27 ²⁶ "BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity."

Colossians 3:8 "But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth."

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II. The Consequences Of Bitterness

A. P_____ Consequences

B. E_____ Consequences (Hebrews 12:15)

Hebrews 12:15 "See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled."

C. S_____ Consequences (Matthew 6:14-15)

Matthew 18:35 "My heavenly Father will also do the same to you, if each of you does not forgive his brother from our heart."

Matthew 6:14-15 ¹⁴ "For if you forgive others for their transgressions, your heavenly Father will also forgive you. ¹⁵ But, if you do not forgive others, then your Father will not forgive your transgressions."

III. The Path From Bitterness To Forgiveness

A. Acknowledge You Have Been _____ (Genesis 50:20a)

Genesis 50:20a "As for you, you meant evil against me, but God meant it for good..."

B. Trust in the _____ of God (Genesis 50:20b)

Genesis 50:20b "...God meant it for good in order to bring about this present result, to preserve many people alive."

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- C. **Admit Your Own _____ and Receive God's _____**
(Ephesians 4:32)

Ephesians 4:32 "Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

- D. **Choose to _____ Your Offender** (Mark 11:25)

Mark 11:25 "Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions."

Conclusion