



Fighting For Forgiveness – Part One
Ephesians 4:30-32

Ephesians 4:30-32 (NIV)

“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness and anger and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Bitterness is like drinking poison and hoping the other person dies.
Forgiveness is like setting a prisoner free and realizing the prisoner is you.

I. The Meaning of Bitterness

- Bitterness is a corruption in my spirit that results when I fail to forgive those who have wronged me.
- Bitterness is an inward attitude of deep resentment that produces an excessive desire for revenge.
- Bitterness is harbored hurt simmering in the soul.

“The world’s darkest prison is the prison of an unforgiving heart. When we refuse to forgive others, we only imprison ourselves and compound our suffering. The most miserable people are those who will not forgive others. They dream about punishing the one who wronged them, and don’t realize that they are only punishing themselves.”

Warren Wiersbe

II. The Deceit of Bitterness

Proverbs 14:10 (HCSB)

The heart knows its own bitterness, and no outsider shares in its joy.

III. The Growth of Bitterness

Hebrews 12:15 (NIV)

“See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.”

- The Difficult Root of Bitterness

Pride ➡ Claiming My Rights ➡ Hurt ➡ Resentment ➡ Holding a Grudge ➡ Bitterness

- The Deadly Fruit of Bitterness

Job 10:1 (HCSB)

“I am disgusted with my life. I will express my complaint and speak in the bitterness of my soul.”

IV. The Defeat of Bitterness

Ephesians 4:32 (NIV)

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.”

Nelson Mandela