



*Sunridge Community Church*  
Temecula, CA  
February 16<sup>th</sup>, 2014  
**Getting Rid of Bitterness**  
Ephesians 4:31-32  
by Kevin Springer

### Slide 1

**“Getting rid of Bitterness”**  
**Ephesians 4:31-32**

### Slide 2

**Paul’s Cosmic Letter to the Ephesians**

### Slide 3

**Ephesians 4:31-32 (NLT)** Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup> Instead, **be kind to each other**, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

### Slide 4

#### **What is bitterness?**

A deadly poison of an unforgiving spirit that infects every part of your soul, body and mind.  
= **Resentment on steroids**



### **Slide 5**

*How to get rid of bitterness. Four Questions...*

**Q #1: How do you know if you are bitter?**

**A: Bitterness remembers details**

### **Slide 6**

*How to get rid of bitterness. Four Questions...*

**Q #2: What causes bitterness?**

**A: Sin: real or perceived**

### **Slide 7**

*How to get rid of bitterness. Four Questions...*

**Q #3: Why do you hold on to bitterness?**

**A: Because you think it's your right**

### **Slide 8**

*How to get rid of bitterness. Four Questions...*

**Q #4: What can you do about bitterness?**

- 1. Keep It In**
- 2. Let It Out**
- 3. Dig It Up**

### **Slide 9**

*How to Dig It Up*

- Recognize your bitterness**
- Realize it is your problem**
- Confess it as your sin**
- Forgive the other person**