

STAYING STUCK

How to Live in Bitterness

Matthew 18:21-35

Forgiveness: A Double-Edged Word

"Everyone says forgiveness is a lovely idea,
until they have something to forgive."

C. S. Lewis

"Get rid of all bitterness, rage and anger... Be kind and
compassionate to one another, forgiving each other, just as
in Christ God forgave you."

Ephesians 4.31-32

Forgiveness is a decision and process to **let go** of
an offense against us and no longer let the pain or
bitterness control us.

Forgiveness: A Double-Sided Coin

1. Forgiveness is more for ____ than it is for _____.

* Forgiveness doesn't mean

_____ or _____.

2. Forgiveness is more for _____ than it is for ____.

Forgiveness sets us free from the pit of pain
and points to Christ.

Steps to Unstick

- Talk to God before you talk to the other person.
- Take initiative... it's got to start somewhere.
- Recognize your own sin and confess your part.
- Recognize that they're a hurting person too.
- Recognize who you're truly in conflict with (Eph. 6.12).

The Card Exercise (from Lysa Terkeurst)

1. Write each specific wound, hurt, sin on individual index card.
2. Lay the cards out before you.
3. Cover each card, one at a time with a red paper or cloth, declaring over each: "I forgive _____, and whatever my feelings don't yet allow for, the blood of Jesus will surely cover."

Memory Verse:

"Bear with each other and forgive one another if
any of you has a grievance against someone.

Forgive as the Lord forgave you."

Colossians 3.13

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