

HOW TO HANDLE BITTERNESS

HEBREWS 12:14-15

I. Defining the PRESENCE of Bitterness

A. Bitterness **Explained**

Words to define bitterness

1. Strong and sharp in taste – ‘Something tastes bitter’
2. Difficult to accept – ‘Bitter pill to swallow’
3. Hostile – ‘Bitter Enemies’
4. Very cold – ‘Bitter Cold’

B. Bitterness **Expressed** – Ahithophel

1. His Start
 - a) David’s counselor – 2 Samuel 15:12
 - b) David’s companion – Psalm 41:9
 - c) David’s conspirator – 2 Samuel 15:31
2. His Sentence
 - a) His council was not heeded by Absalom, but rather Hushai, so Ahithophel took his own life
3. His Source (of bitterness)
 - a) Ahithophel was Bathsheba’s grandfather – he never forgave David
Bathsheba was the son of Elaim - 2 Samuel 11:3
Eliam was the son of Ahithophel - 2 Samuel 23:34

II. Describing the Pollution of Bitterness

A. It’s **Development**

1. I cannot control what happens to me, but I can control what happens in me.
2. I cannot control how others act toward me, but I can control how I react to them.
3. Life is 10% what happens to me, 90% how I react to it.
4. The plant of disappointments, when cultivated, will yield the plant of bitterness.

B. It’s **Defilement**

1. Many are defiled
 - a) Many of our own members
 - b) Many other people

III. Defeating the Power of Bitterness

A. **Goal** – follow peace with all men

B. **Guard** – looking diligently

C. **Grace** – fail of the grace of God

1. Grace to Forgive
2. Grace to Forget

IV. Conclusion

A. **Retribution** – let God take care of it

B. **Relate** – try to walk in their footsteps

C. **Reflect**

1. On the sufferings of others
2. On the shame of ourselves

D. **Remember**

1. Life is short
2. Judgment is sure