

E. Bitterness **grieves** the Holy Spirit.

“30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.”

Ephesians 4:30-31

F. Bitterness **eliminates** your receiving forgiveness.

“14 For if you forgive men their trespasses, your heavenly Father will also forgive you.

15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”

Matthew 6:14-15

G. Bitterness **stops** you from being like Christ.

“Then Jesus said, “Father, forgive them, for they do not know what they do....”

Luke 23:34a

H. Bitterness **demonstrates** a rebellious attitude toward the sovereignty of God working in your life.

“for it is God who works in you both to will and to do for His good pleasure.”

Philippians 2:13

Bitterness poisons the **whole person!!**

If you do not deal with bitterness then your bitterness will deal with you.

**Don't Allow Your Past Hurt To Keep Hurting You!
Know Why To Forgive**

FORGIVENESS

Letting Go Of Your Hurt

Why Forgive?

Pastor Steve Reynolds

INTRODUCTION

A. Are you exhausted from carrying around hurt? When you experience hurt you have to choose between holding on to it or letting it go. When you hold on to the hurt from your past, you prevent the healing for your future. Forgiveness is the key to letting go of your hurt and finding hope. It is not easy to forgive, but it is possible.

“And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”

Ephesians 4:32

B. In this series, you will discover the answer to six vital forgiveness questions.

Apr 1 How Can I Find Forgiveness?

Apr 8 What Is Forgiveness?

Apr 15 How Can I Stop Thinking About The Hurt?

TODAY Why Forgive?

Apr 29 How Can I Restore A Broken Relationship?

May 6 Is Forgiveness Really Forever?

Don't allow your past hurt to keep hurting you!

C. **TEXT:** Hebrews 12:14-15 (Pew Bible/Pg. 1182/New Test.)

You should forgive because bitterness in a bitter **root** that produces bitter **fruit** (12:15a).

Bitterness produces “**trouble**” (12:15b).

WHY FORGIVE?

I. BITTERNESS PRODUCES **MENTAL** TROUBLE

“Better is a dinner of herbs where love is, Than a fatted calf with hatred.”
Proverbs 15:17

“The moment I start hating a man I become his slave. I can’t enjoy my work anymore because he even controls my thoughts. My resentments produce too many stress hormones in my body and I become fatigued after only a few hours of work. The work I formerly enjoyed is now drudgery. Even vacations cease to give me pleasure...the man I hate hounds me wherever I go. I can’t escape his tyrannical grasp on my mind...” S. I. McMillen

II. BITTERNESS PRODUCES **PHYSICAL** TROUBLE

“A merry heart does good, like medicine, But a broken spirit dries the bones.”
Proverbs 17:22

The human body was not designed by God to hold bitterness. It produces **illnesses**.

It is not just what you eat that matters, but also what eats you.

III. BITTERNESS PRODUCES **EMOTIONAL** TROUBLE

“The spirit of a man will sustain him in sickness, But who can bear a broken spirit?”
Proverbs 18:14

“But his wife looked back behind him, and she became a pillar of salt.”
Genesis 19:26

Depression is **frozen** **rage**.

“The worst evil of all is to leave the ranks of the living before one dies.”
Seneca

Seen on a tombstone: “He died at 30, but was buried at 60.”

IV. BITTERNESS PRODUCES **SPIRITUAL** TROUBLE

A. Bitterness **opens** you up to satanic influence.

*“26 Be angry, and do not sin”: do not let the sun go down on your wrath,
27 nor give place to the devil.”* Ephesians 4:26-27

*“10 Now whom you forgive anything, I also forgive. For if indeed I have forgiven anything, I have forgiven that one for your sakes in the presence of Christ,
11 lest Satan should take advantage of us; for we are not ignorant of his devices.”* II Corinthians 2:10-11

B. Bitterness **destroys** your testimony.

“So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done.”
Matthew 18:31

C. Bitterness **assumes** a right you do not have.

“Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord.”
Romans 12:19
(Deuteronomy 32:35)

D. Bitterness **hinders** your ability to properly love God.

*“20 If someone says, “I love God,” and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen?
21 And this commandment we have from Him: that he who loves God must love his brother also.”*

I John 4:20-21