

I WAS _____.
NOW I'M NOT.

GROUP GUIDE

Highlands Fellowship

I Was Bitter, Now I'm Not

Ephesians 4:25-32

01/26/2020

MAIN POINT

How you speak about something is how you think about something.

Open Doors

As your group time begins, use this section to introduce the topic of discussion.

Have you ever been around someone who was bitter all the time? How did you feel around that person?

What could cause bitterness to take root in someone's life?

How does someone move past bitterness?

Digging In

Discuss biblical text to discover what the Scripture has to say about a particular topic.

| Ask someone to read Ephesians 4:31-32.

In verse 31, Paul tells us to “get rid of” bitterness and these other vices. How do we go about getting rid of these things?

In contrast, the terms in verse 32 describe a person whose love for God is reflected in his or her love for others. How are each of the terms found in verse 32 a reflection of God’s love for us?

How does bitterness stunt our spiritual and emotional growth?

| Ask a volunteer to read Hebrews 12:15.

How can turning away from God begin to cause bitterness in our lives?

Who is affected by our bitterness?

Taking it Home

Help your group identify how the truths from the Scripture passage apply directly to their lives.

In what areas of your life do words of bitterness show up most often? What does this reveal about how you think about your relationship with the Lord?

What might living in bitterness do to your future? Your family? Your heart?

How would things change in your life if you began choosing to live in the victory that’s already certain?

PRAYER

Thank God for the lavish grace He has shown us in sending Jesus to be the punishment for our sin. Ask God to help us repent from any attitudes of bitterness or malice that might

be keeping us from truly loving others. Pray for those who are locked inside a prison of bitterness that they will live in faith and walk in freedom.