



WEIGHT OF BITTERNESS | WEEK 2

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Therefore, since we are surrounded by such a great cloud of witnesses, let us **throw off everything that hinders** and the sin that so easily entangles. And let us run with perseverance the race marked out for us. *Hebrews 12:1*

The Weight of _____

Then he said to the disciples, "It is **impossible** that no offenses should come..." *Luke 17:1*

Paradigm Shift: a fundamental change in how we see the world.

"Forgiveness is a gift you give yourself." – Tony Robbins

Forgiveness is NOT _____.

Forgiveness is NOT _____.

Forgiveness is NOT always _____.

The act of forgiveness is _____ a _____.

"An eye for an eye for an eye ends in making everyone blind."
Mahatma Gandhi

"Forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression and stress."
Johns Hopkins Medicine

62% of Americans wish they were more forgiving.

Decisional Forgiveness & Emotional Forgiveness

4 Ways to Unload the Luggage of Bitterness

1) _____ how much you've been forgiven.

Colossians 3:13

Fundamental Attribution Error: a cognitive bias that causes us to attribute people's behavior to their character.

2) _____ to forgive.

"The one thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance." – Viktor E. Frankl

Ephesians 4:26

3) _____ with the person who hurt you.

Empathy: the ability to understand and share the feelings of another.

Jesus said, "Father, forgive them, for they do not know what they are doing." *Luke 23:34*

4) _____ to the process.

Luke 17:3-5

Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but **seventy times seven!**" *Matthew 18:21-22*

Is there anyone you need to forgive?



To further explore and apply this message with your small group, visit eclife.org/group-discussion-questions

Bitterness
forgetting
fair
reconciliation
canceling, debt
Remember
Choose
Empathize
Commit