



## Bitterness & Resentment

Hebrews 12:14-15 • November 23, 2025

### Where It Starts

Bitterness and resentment begins with H\_\_\_\_\_. It is the opposite of P\_\_\_\_\_ and H\_\_\_\_\_ (Heb 12:14).

### How It Grows

Bitterness and resentment cause T\_\_\_\_\_, and by it many become D\_\_\_\_\_ (Heb 12:15).

List the ways bitterness and resentment affect us and others in negative ways (see Eph 4:26-31):

### What Can Replace It

Instead of bitterness, Paul encourages us to obtain the G\_\_\_\_\_ of God (Heb 12:14-15)

1. Recognize and E\_\_\_\_\_ it. "I am filled with resentment because..."
2. Cancel the D\_\_\_\_\_.
3. Allow G\_\_\_\_\_ to grow in its place.

See: 1 Ki 2:5-6; Psalm 139:23-24; Matt 18:21-35; Eph 4:31-32; Col 3:19.

**Answers: Hurt; Peace; Holiness; Trouble; Defiled; Grace; Expose; Debt; Grace**