

## OVERCOME BITTERNESS

Do you find yourself overwhelmed with intense feelings of resentment	Additional Thoughts:
towards those who wrong you? When expectations in people or things aren't met, a spirit of bitterness can overtake us. Dr. Darryl DelHousaye shares how to overcome bitterness and, in turn, speak life into those who disappoint us.	
<b>First:</b> Watch the <i>Overcome Bitterness</i> video featuring Dr. Darryl DelHousaye, Pastor Emeritus of Scottsdale Bible Church & Chancellor of Phoenix Seminary.	
*Please note: We use the first person throughout our study guides. We do this with the hope that it will enable you to overcome your personal struggle (in this case with bitterness) and to grow in your personal relationship with God.	
Dive Deeper	
According to Dr. DelHousaye, when expectations in people or things aren't met, the accumulation of disappointments can lead to an attitude of bitterness.	
How do you know if, and when you have an attitude of bitterness?	
What does Hebrews 12:14-15 have to say about bitterness?	
How does the analogy of a "tapeworm being swallowed" relate to bitterness taking root in you?	

What does Ephesians 4:30-31 have to say about bitterness?	Additional Thoughts:
When does Pastor Darryl say bitterness comes?	
What are five sins that may be produced from bitterness?	
How are each of the five sins that follow bitterness defined in the video?	
now are each of the live sins that follow bitterness defined in the video?	
What does Ephesians 4:32 have to say about how to handle the root of bitterness?	
What are some questions you can ask to demonstrate being sensitive	
to the needs of others?	

How does focusing on the reason someone disappointed you help you to overcome bitterness?  What are some of the ways Pastor Darryl says you can "show the light into the darkness" around you?	Additional Thoughts:	
Recap		
<ol> <li>When you accumulate disappointments and begin to predict disappointment, that's an attitude of bitterness.</li> <li>Hebrews 12:14-15 warns about letting a root of bitterness take hold and the consequences of ongoing resentment.</li> </ol>		
<ul><li>3. Ephesians 4:30-31 tells us that bitterness progresses to wrath, then anger, clamor, slander, and malice.</li><li>4. Ephesians 4:32 shares how to dislodge the root of bitterness.</li></ul>		
Kindness, tenderheartedness, and forgiveness are key aspects to overcoming bitterness.		
Live It Out		
Being kind is being sensitive to the needs of the moment. Focus on their reason for disappointing you, so you can get your mind off		
<ul><li>your own pain.</li><li>Tenderhearted is asking yourself what can be done to meet the needs</li></ul>		
that are causing that person to act in such a disappointing way?  • Think in terms of kindness, tenderheartedness, forgiveness, and		
focus on the person or situation that is disappointing you, and ask		
yourself, "Why is this happening, and what can I do so it doesn't happen?" The answers will cause you to be less disappointed and		
resentful, and therefore the spirit of bitterness won't take root.		

Salvation through Jesus	Additional Thoughts:
you don't know Jesus as your Lord and Savior, we encourage you to sit www.anchorpointmedia.org/the-truth. There you will discover	
the truth of who Jesus is and how you can have a relationship with Him.	

## About Dr. Darryl DelHousaye

Dr. Darryl DelHousaye is a renowned expository Bible Teacher who's able to communicate effectively to all generations. He has over 50 years of local church experience, starting as a youth pastor at Grace Community Church and then as senior pastor of First Baptist Church of San Lorenzo Valley. Most recently, he served as Senior Pastor of Scottsdale Bible Church for twenty-five years, and as President and Professor of Practical Theology at Phoenix Seminary where he now serves as Chancellor..

## About Anchor Point Media

We create Christ-centered videos and material to encourage people to seek the Truth of who Christ is and to grow deeper in relationship with God. Anchor Point Media is the Word of hope for a drifting world.

We partner with Bible scholars and Bible-teaching pastors & leaders who teach biblically-sound doctrine. The teachers we work with have hearts to reach the lost, to bring hope to the hopeless, and to strengthen relationships with our LORD & Savior.

With God's help, we are actively transforming lives with the Love, Truth and Hope of Jesus.

Discover more videos from the Overcome series, as well as other series, at www.anchorpointmedia.org.