



DEALINGS WITH OUR FEELINGS

4. The Unrest of Unforgiveness



**IS IT EASY OR DIFFICULT FOR YOU
TO FORGIVE? *Give an example.***

A man with a beard and short dark hair, wearing a white t-shirt, is leaning forward on a dark wooden table. He is looking off to the left with a thoughtful expression, his hand resting on his chin. The background is a blurred restaurant or cafe interior with tables, chairs, and some greenery.

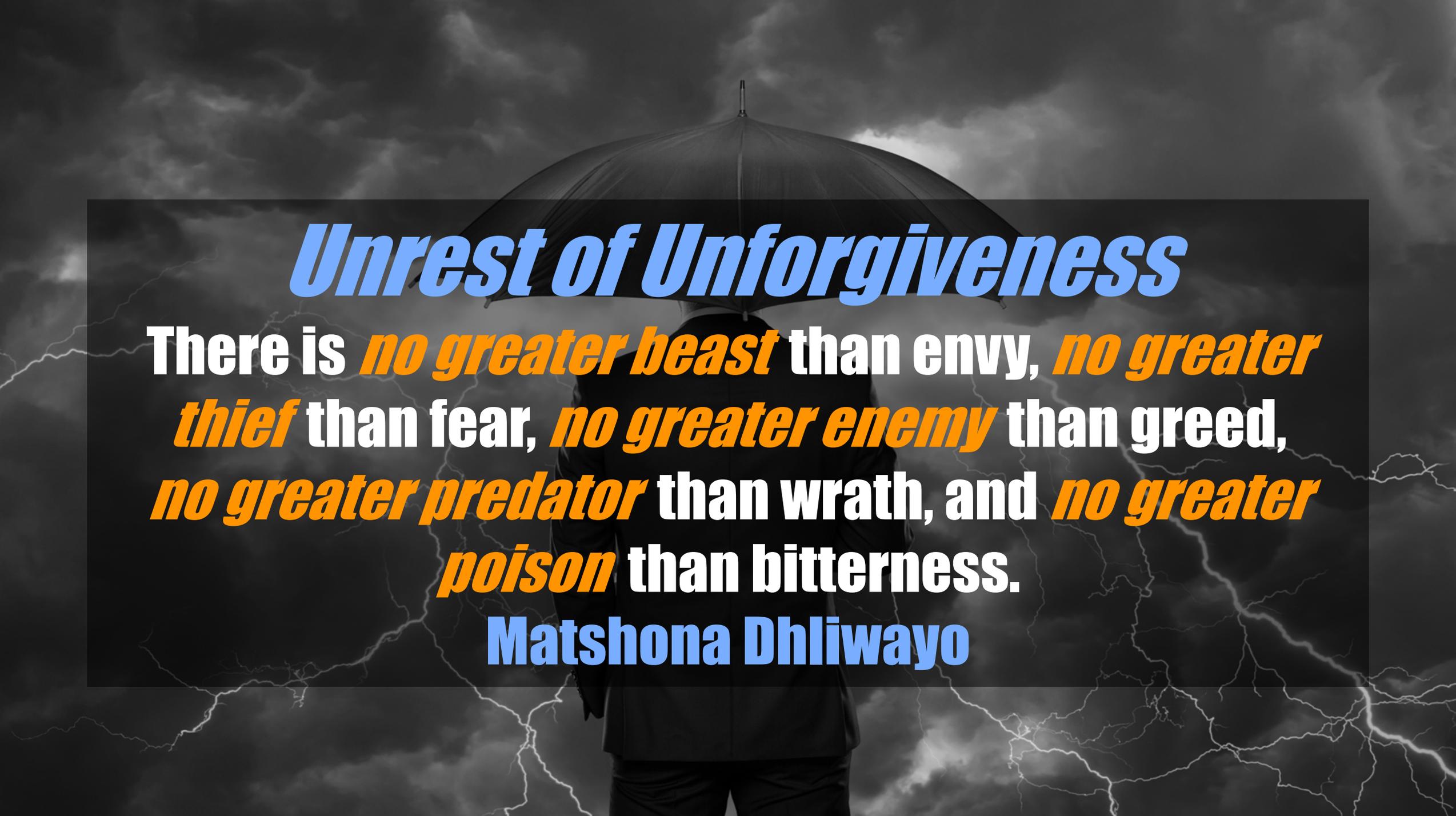
WHAT'S THE HARDEST PART OF FORGIVENESS?

How do you let go of past hurts?



**HOW HAS UNFORGIVENESS TURNED
INTO BITTERNESS IN YOUR LIFE?**

How has it affected those you love?



Unrest of Unforgiveness

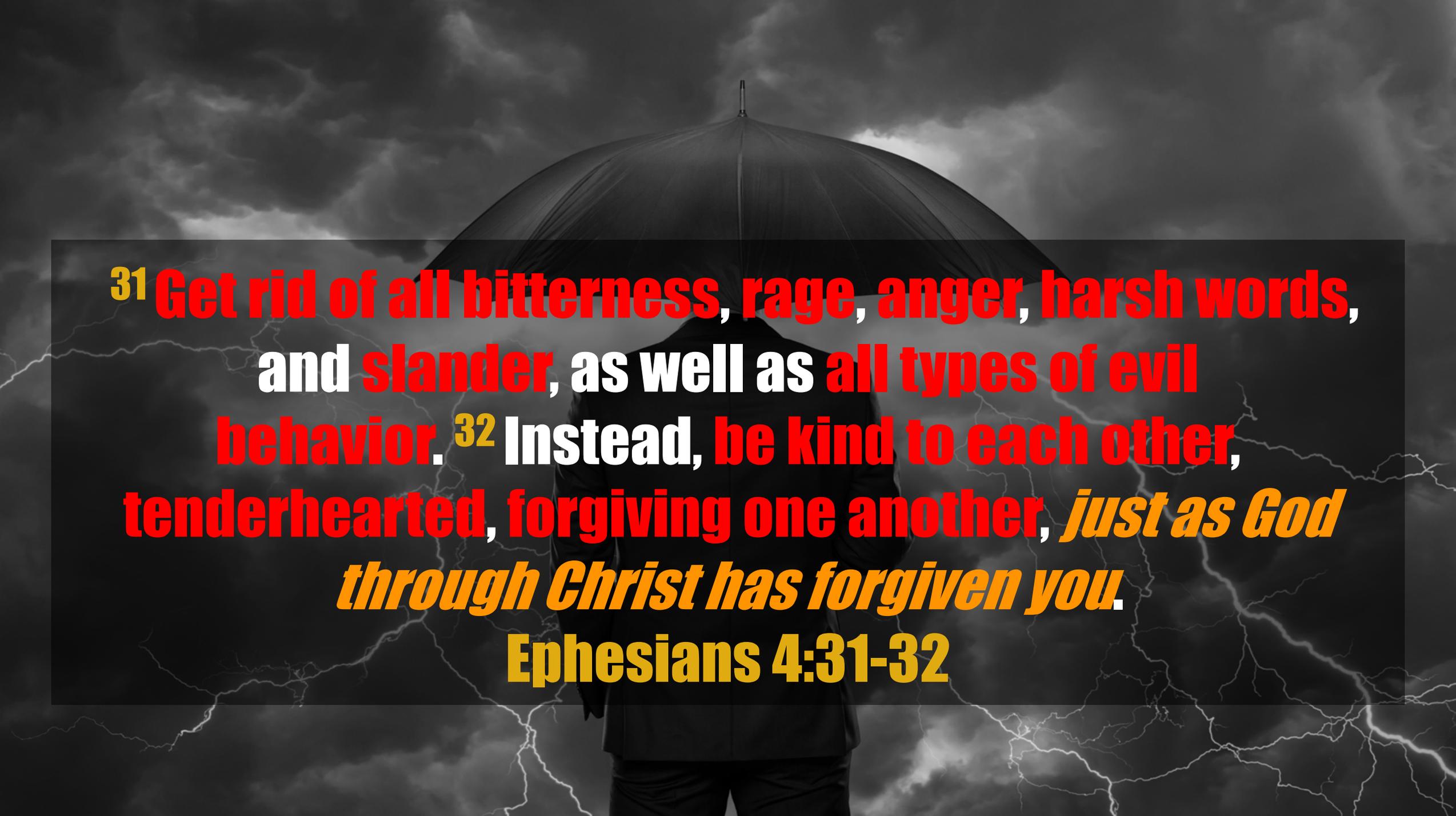
There is *no greater beast* than envy, *no greater thief* than fear, *no greater enemy* than greed, *no greater predator* than wrath, and *no greater poison* than bitterness.

Matshona Dhliwayo



T1 UNFORGIVENESS IS DESTRUCTIVE.

Ephesians 4:31-32

A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky with heavy, grey clouds and several bright, jagged lightning bolts striking down. The overall mood is somber and powerful.

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. **32** Instead, be kind to each other, tenderhearted, forgiving one another, *just as God through Christ has forgiven you.*

Ephesians 4:31-32



Unrest of Unforgiveness

10 Tips for Overcoming Bitterness

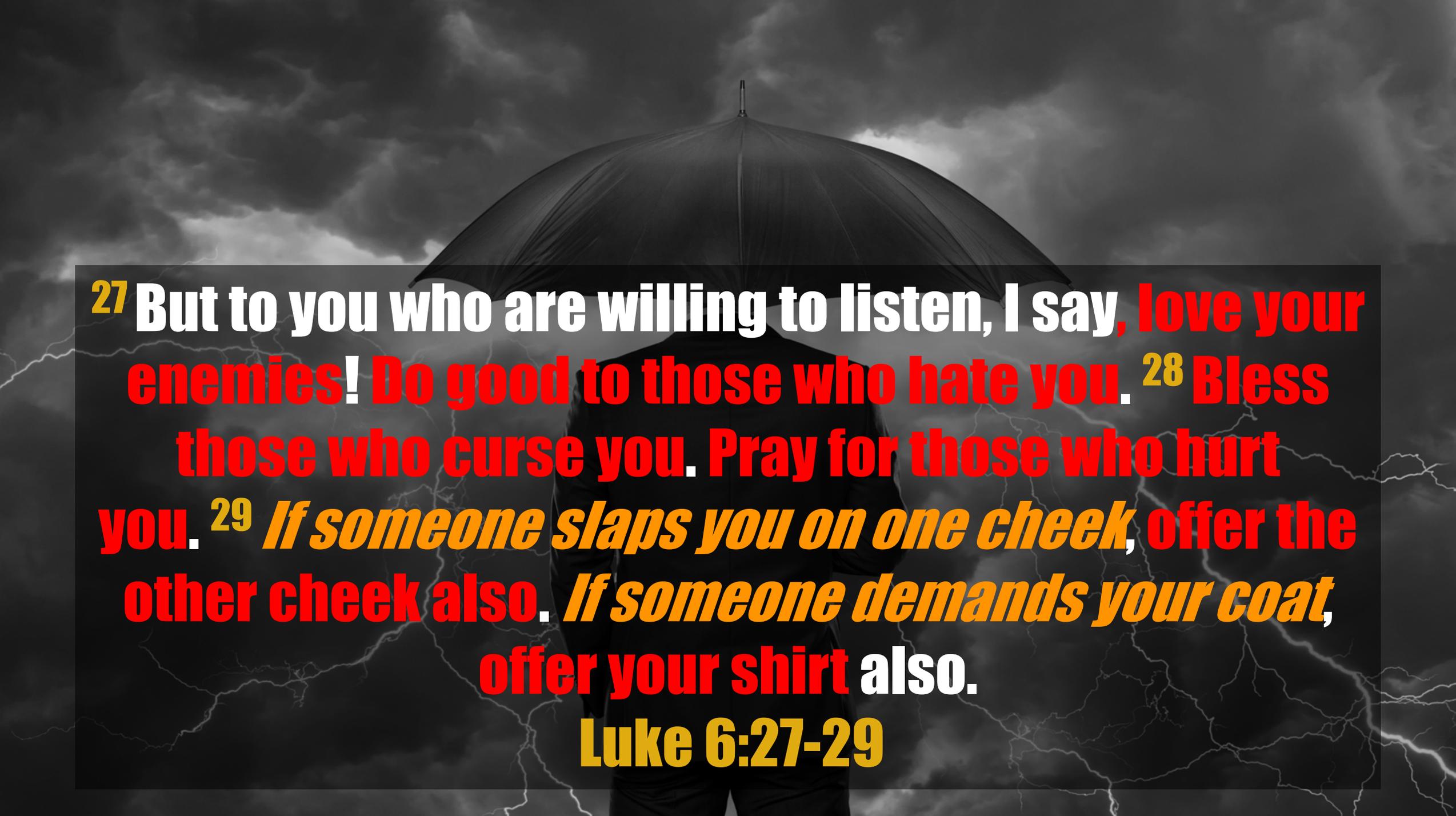
- 1. Avoid anger.**
- 2. Live joyfully.**
- 3. Shun envy.**
- 4. Practice gratitude.**
- 5. Seek peace.**
- 6. Forgive.**
- 7. Be content.**
- 8. Tame your ego.**
- 9. Murmur less.**
- 10. Love more**

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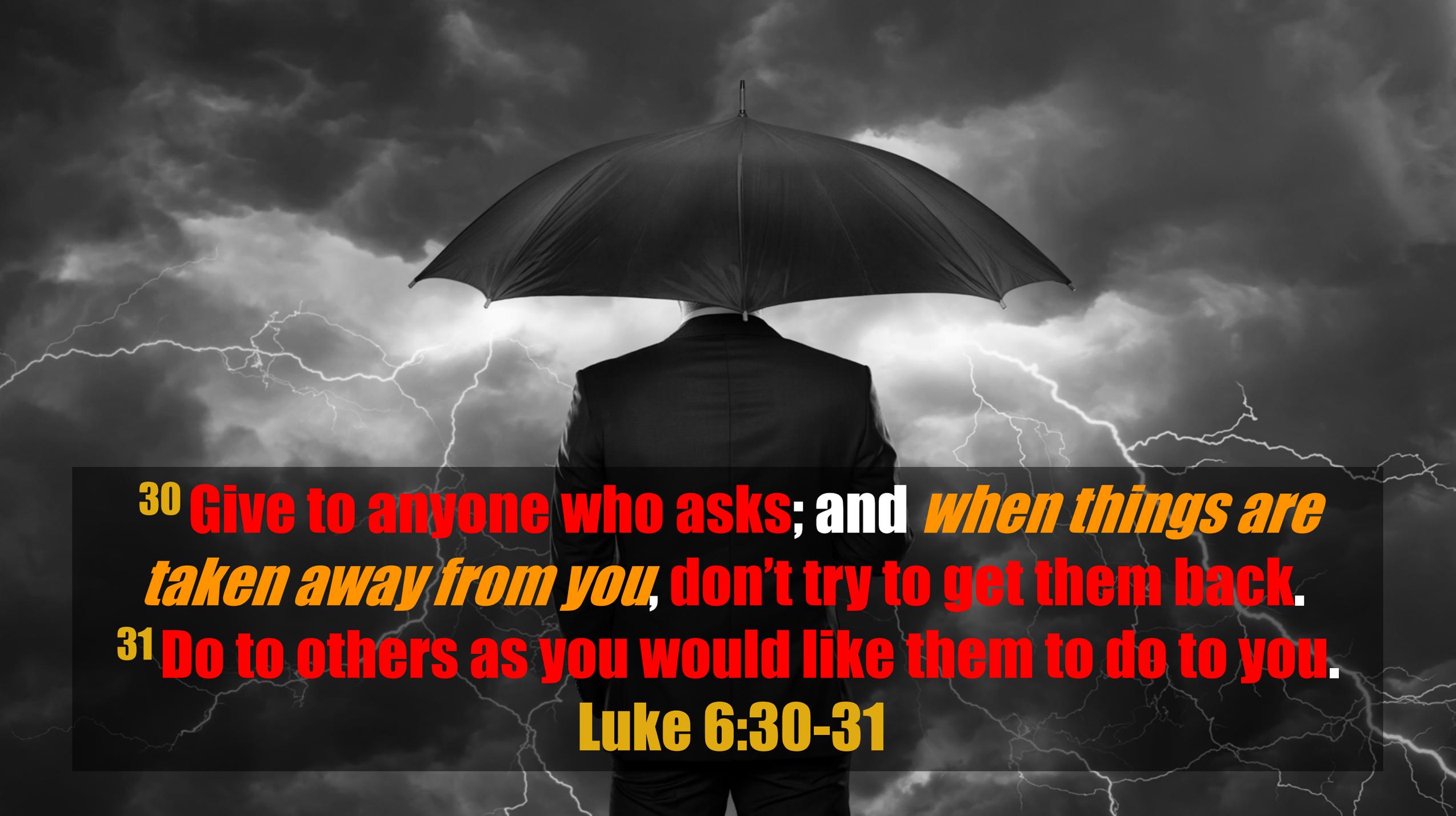
T2 UNFORGIVENESS IS A CHOICE.

Luke 6:27-30



27 But to you who are willing to listen, I say, **love your enemies! Do good to those who hate you.** **28** Bless those who curse you. Pray for those who hurt you. **29** *If someone slaps you on one cheek, offer the other cheek also. If someone demands your coat, offer your shirt also.*

Luke 6:27-29



30 Give to anyone who asks; and *when things are taken away from you*, don't try to get them back.

31 Do to others as you would like them to do to you.

Luke 6:30-31



Unrest of Unforgiveness

Don't let anger ***control you***. Don't let hate
enslave you. Don't let negativity ***overcome you***.
Don't let bitterness ***conquer you***.

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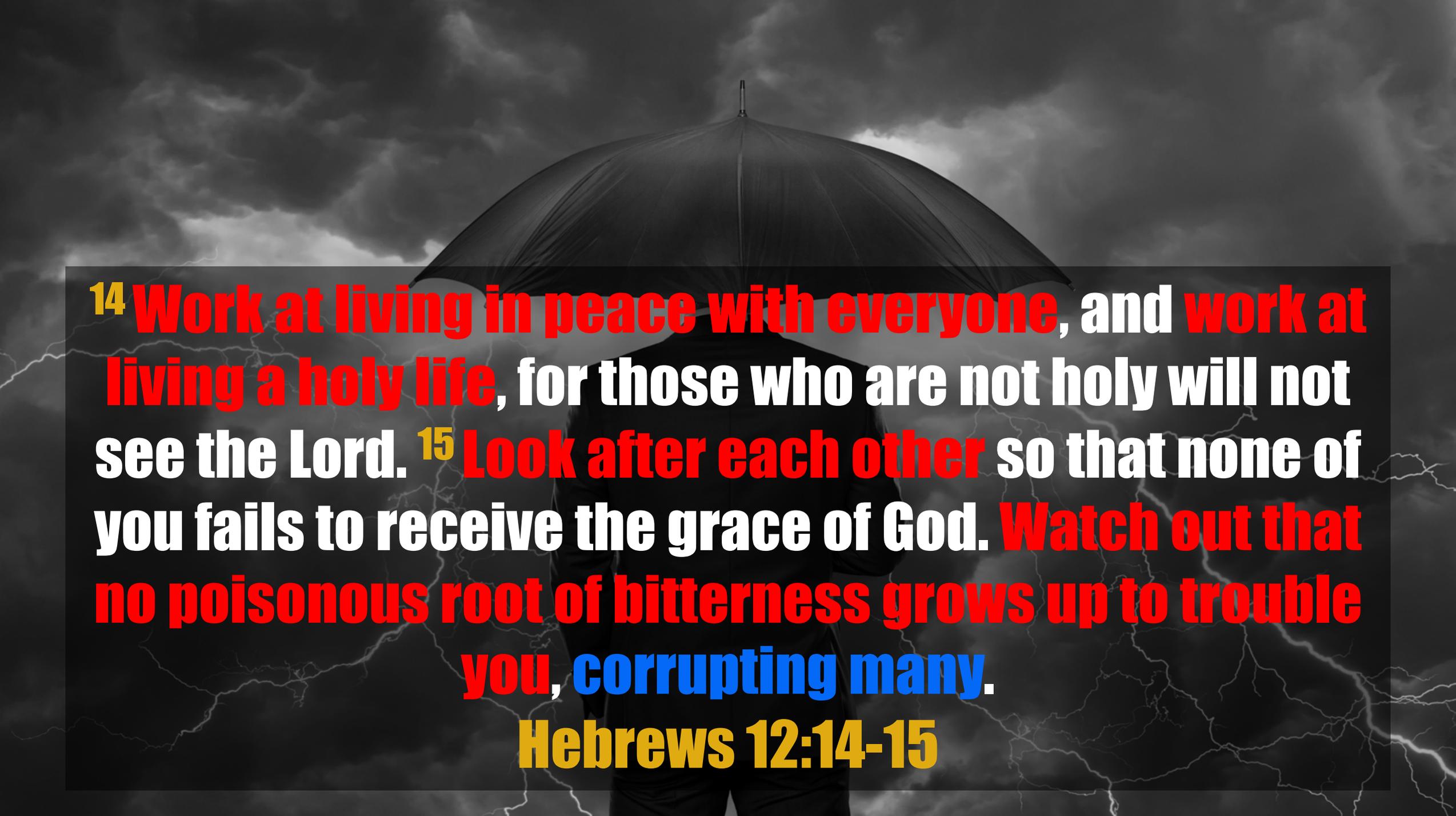
Bitterness is how ***we punish ourselves for other
people's sins***.

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A woman with dark hair is floating on her back in a swimming pool. Her eyes are closed, and her expression is peaceful. She is wearing a white bikini top. The water is a clear, vibrant green. The background shows the ripples of the water and the edge of the pool.

T3 FORGIVENESS IS POWERFUL.

Hebrews 12:14-15

A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky with heavy, grey clouds and several bright white lightning bolts striking down. The overall mood is somber and protective.

14 Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. **15** Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Hebrews 12:14-15

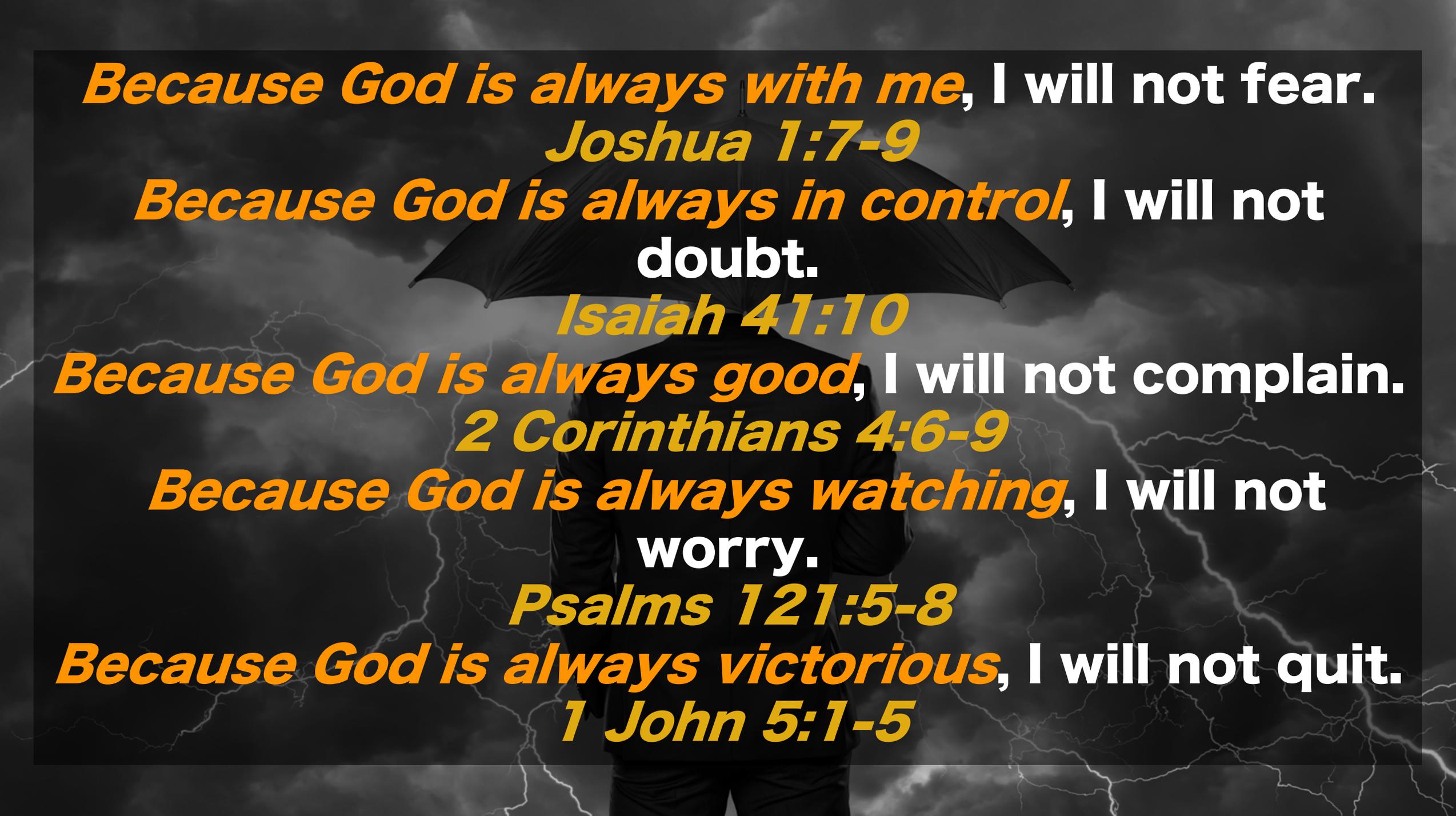


**WHAT IS THE DIFFERENCE BETWEEN
ANGER, BITTERNESS, AND HATE?**

Which one is holding you captive?

**IF YOU'RE STRUGGLING
WITH UNFORGIVENESS,
ASK YOURSELF WHY YOU
REFUSE TO FREE YOURSELF
FROM THE PAIN SOMEONE
ELSE HAS CAUSED YOU?**





***Because God is always with me,* I will not fear.**

Joshua 1:7-9

***Because God is always in control,* I will not
doubt.**

Isaiah 41:10

***Because God is always good,* I will not complain.**

2 Corinthians 4:6-9

***Because God is always watching,* I will not
worry.**

Psalms 121:5-8

***Because God is always victorious,* I will not quit.**

1 John 5:1-5