

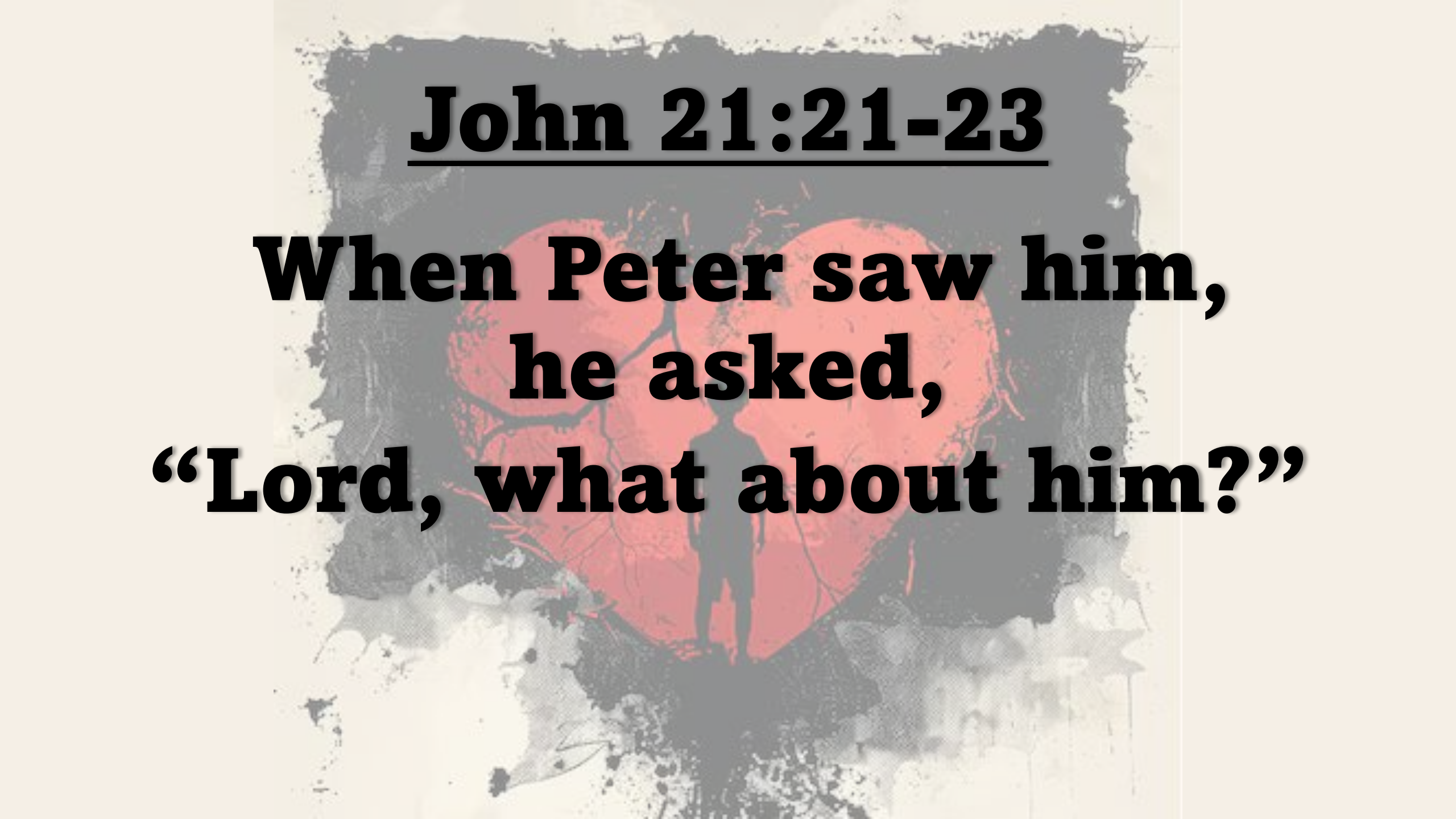
3 Thieves of Thanksgiving

Resentment/Bitterness



Bitterness

a long-term emotional captivity that develops from unaddressed hurt, unfair treatment, or unresolved anger.



John 21:21-23

**When Peter saw him,
he asked,
“Lord, what about him?”**

John 21:21-23

**Jesus answered,
“If I want him to remain
alive until I return,
what is that to you?
You must follow me.”**

John 21:21-23

23 Because of this, the rumor spread among the believers that this disciple would not die.

John 21:21-23

But Jesus did not say that he would not die; he only said, “If I want him to remain alive until I return, what is that to you?”

The Road to Bitterness

1. Someone hurts You

2. You Review the hurt for Clarity



The Road to Bitterness

3. You Replay the hurt for Confirmation

4. You Memorialize the hurt for Justification

The Road to Bitterness

5. Repeat 2-4



The Road to Bitterness



leads to a Dark Pit of Despair or Isolation.

The Steps toward Healing

A. Immerse each Step in Prayer/Bible

B. Acknowledge the hurt

The Steps toward Healing

C. Clarify the Feelings and Source



The Steps toward Healing

D. Determine if a Boundary is Necessary or A Conversation is Needed

The Steps toward Healing

E. Forgive the Individual for Your Life's Sake



The Steps toward Healing

F. Intentionally Move Your Life in a Proactive Direction

G. Repeat A-F

Acts 2:13-14

13 Some, however, made fun of them and said, “They have had too much wine.”

Acts 2:13-14

14 Then Peter stood up with the Eleven, raised his voice and addressed the crowd:

Acts 2:13-14

“Fellow Jews and all of you who live in Jerusalem, let me explain this to you; listen carefully to what I say.

Acts 2:40-41

40 With many other words he warned them; and he pleaded with them, “Save yourselves from this corrupt generation.”

Acts 2:40-41

41 Those who accepted his message were baptized, and about three thousand were added to their number that day.



When you Embrace Healing,

God Brings Freedom & Possibilities!