

Bitterness

Let all bitterness and wrath and anger and clamor and slander be put away from you. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Ephesians 4:31-32



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Write or type your answers. Writing your answers helps you to meditate more deeply on the question, organize your thoughts, and provide a visible way for you to review and reflect on how scripture applies to your specific situation.

1. According to Ephesians 4:21-32, what are we to do with our bitterness? How might this impact the conflict you find yourself in today?
2. According to the verses on the back of this bookmark, how does bitterness impact our relationships? How does this apply to your present conflict?
3. Bitterness has been described as “the poison we drink hoping the other person will die.” According to the Genesis passage and the Galatians passage, what will be the outcome if bitterness continues?
4. According to 2 Corinthians 5:21, how has God responded to your bitterness?