

IN THEIR FOOTSTEPS

Discipleship Lessons From The Life Of The Apostles

Pastor René Dekker

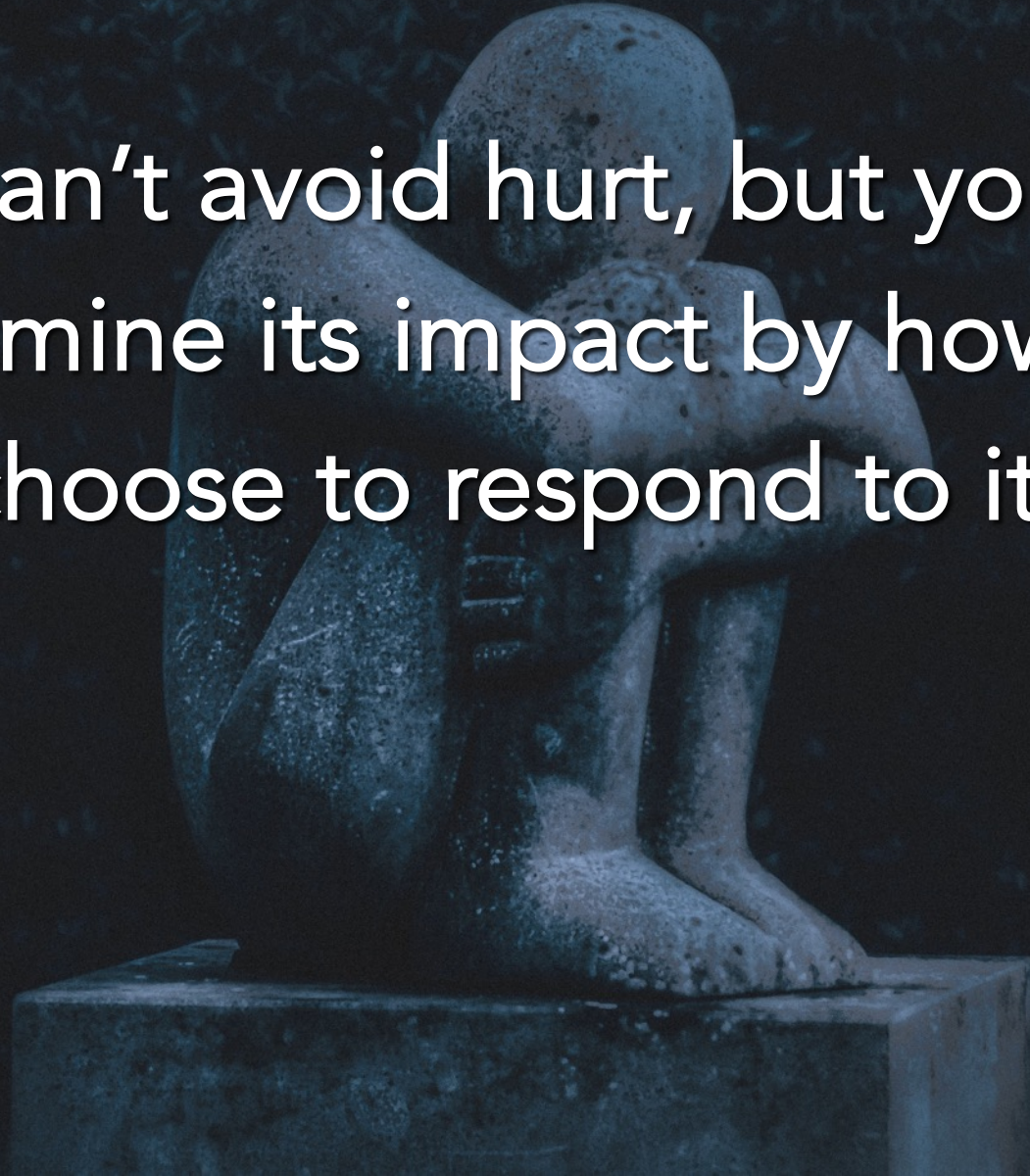


How do you
overcome bitterness?





You can't avoid hurt, but you can
determine its impact by how you
choose to respond to it.



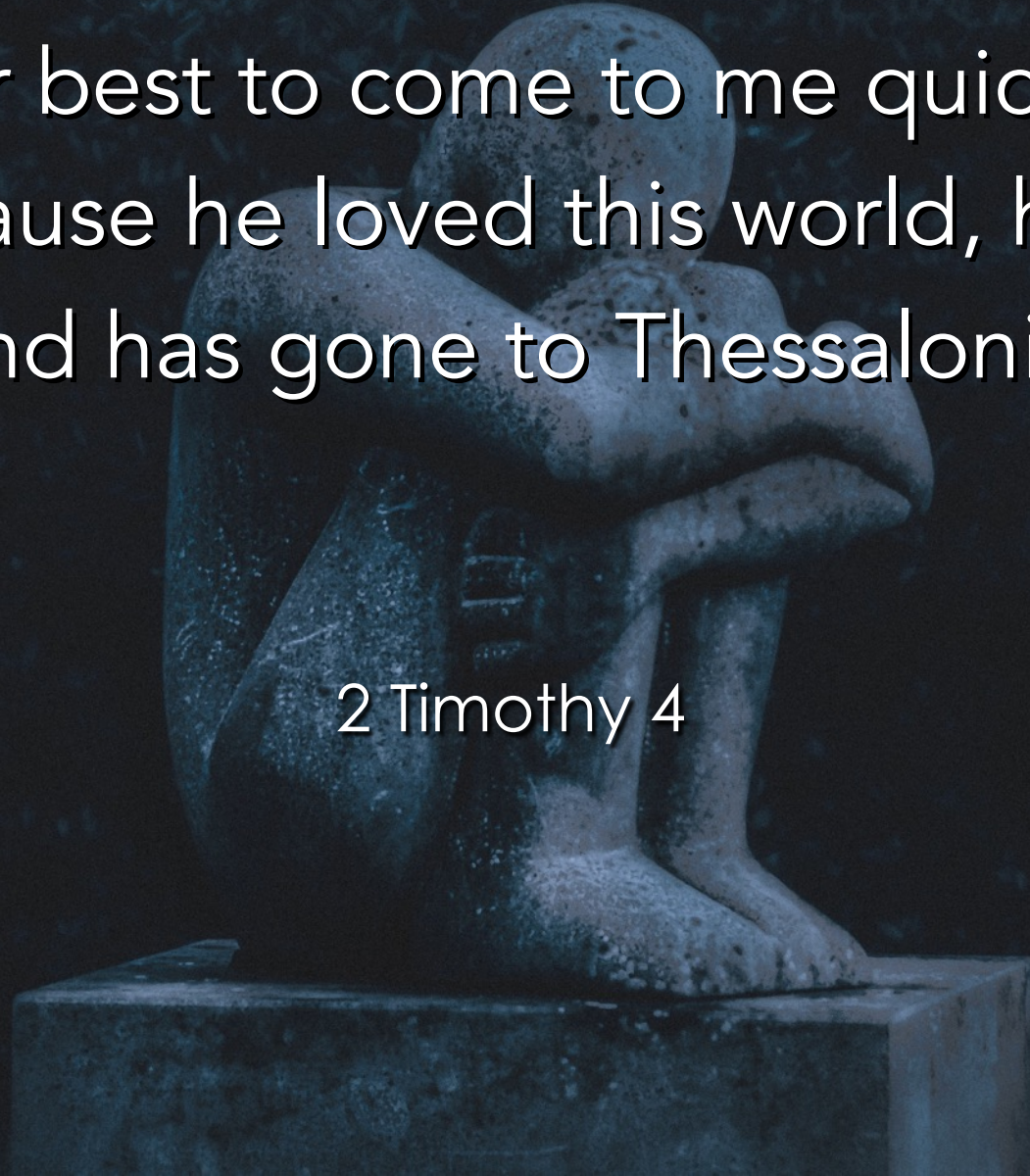


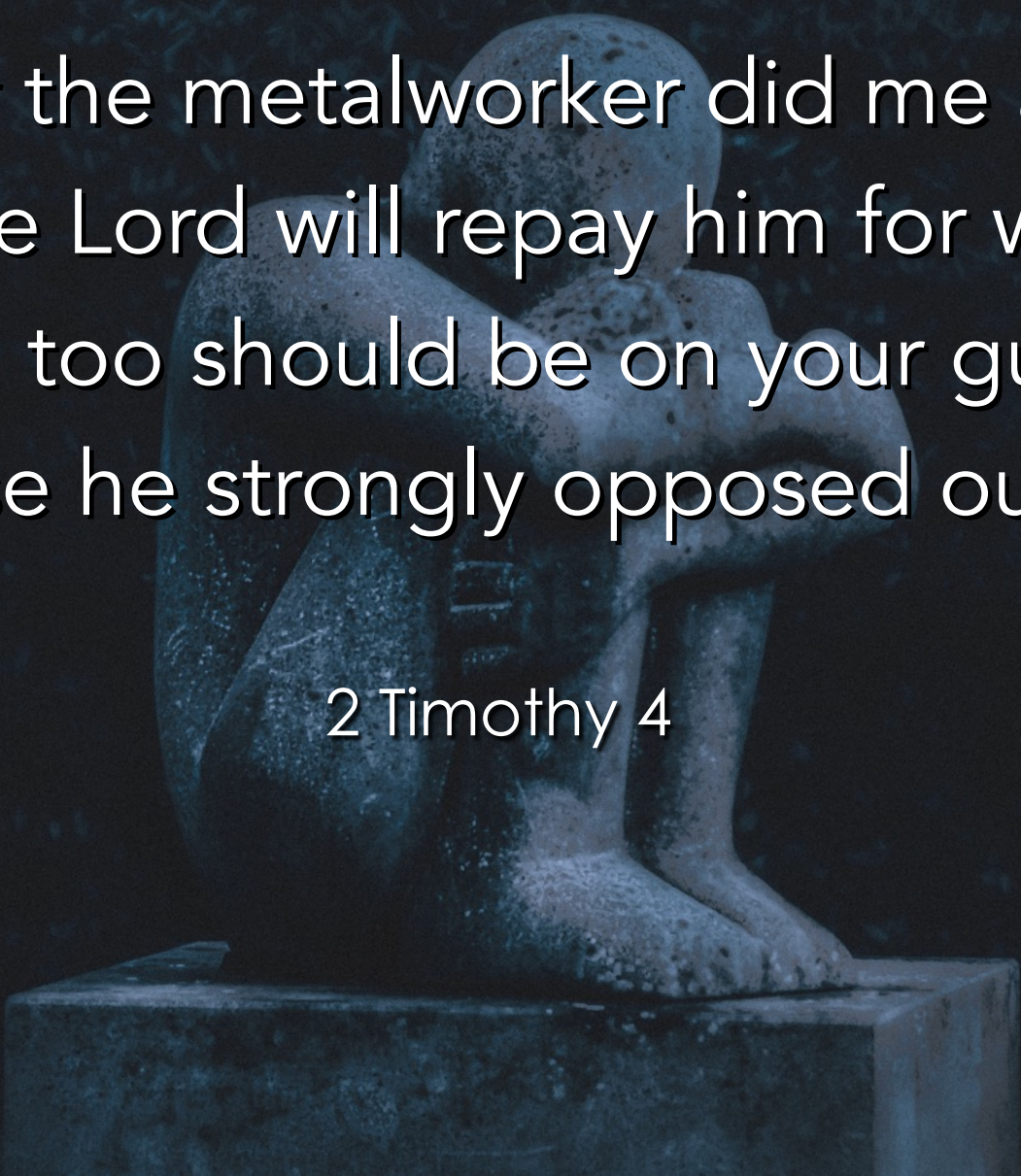
Bitterness

Unresolved, unforgiven anger and
resentment.

9 Do your best to come to me quickly, 10 for Demas, because he loved this world, has deserted me and has gone to Thessalonica....

2 Timothy 4



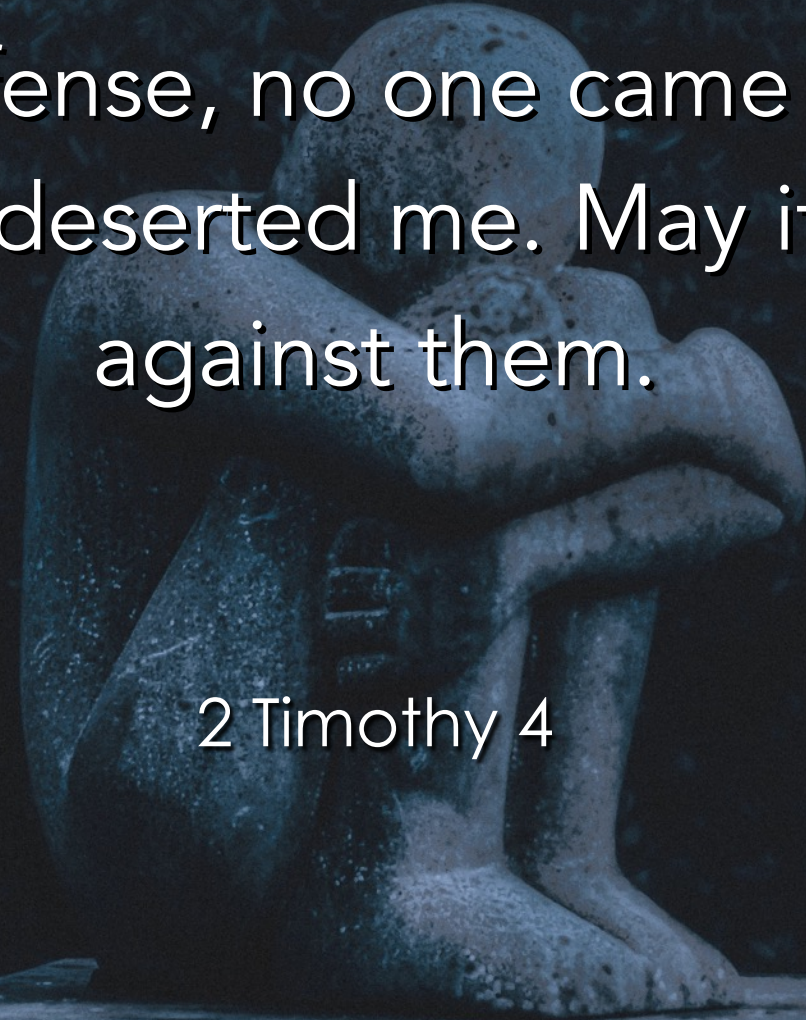


14 Alexander the metalworker did me a great deal of harm. The Lord will repay him for what he has done. 15 You too should be on your guard against him, because he strongly opposed our message.

2 Timothy 4

16 At my first defense, no one came to my support,
but everyone deserted me. May it not be held
against them.

2 Timothy 4



How do you
overcome bitterness?



The impact of bitterness



The impact of bitterness

- It contaminates you.



31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

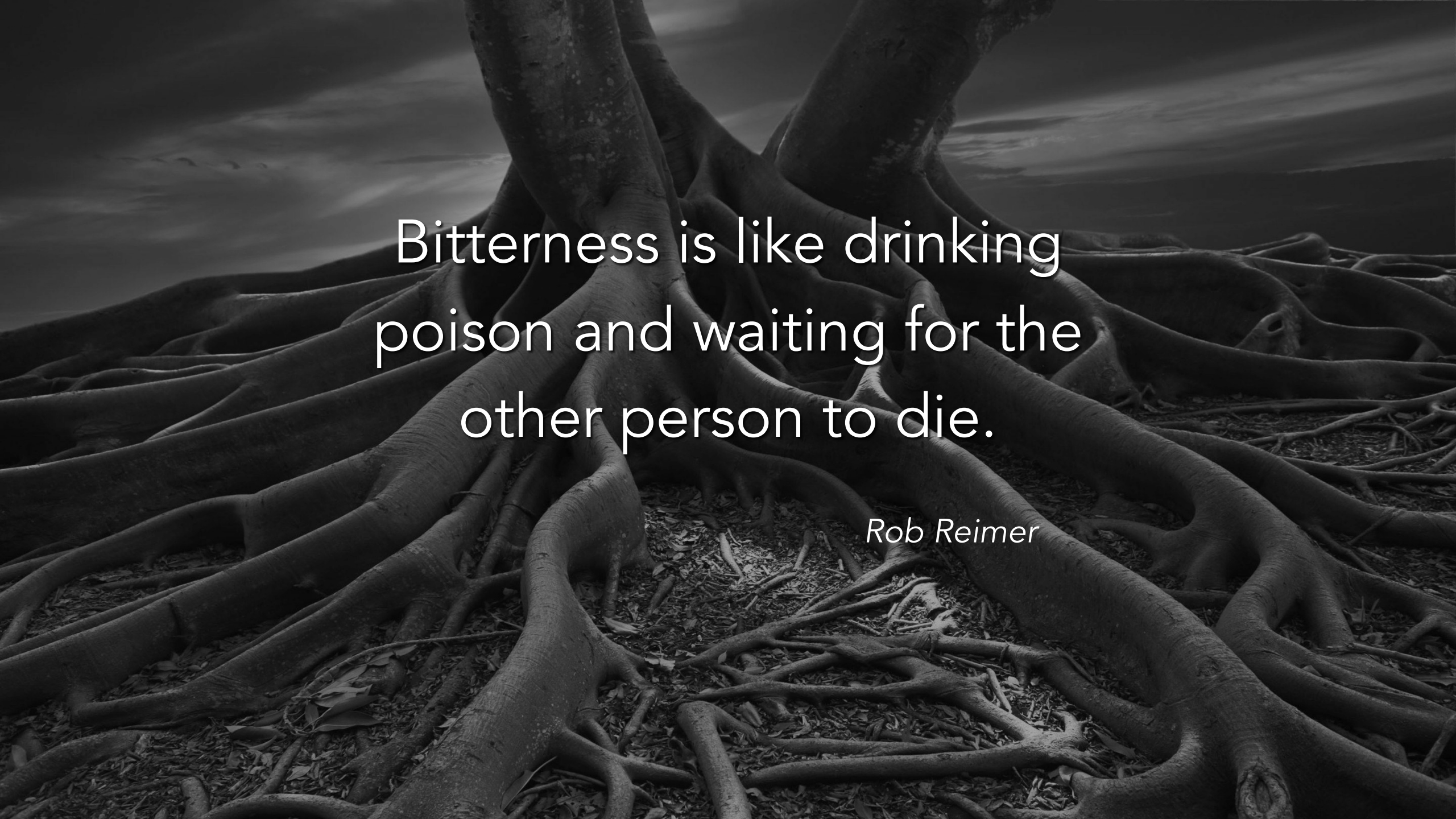
Ephesians 4



26 And don't sin by letting anger control you. Don't let the sun go down while you are still angry....

Ephesians 4 (NLT)





Bitterness is like drinking
poison and waiting for the
other person to die.

Rob Reimer

The impact of bitterness

- It contaminates you.
- It defiles others.



15 See to it that no one falls short of the
grace of God and that no bitter root grows
up to cause trouble and defile many.

Hebrews 12



A black and white photograph of a mangrove tree with its roots exposed on a beach, with the ocean in the background. The roots are thick and gnarled, spreading out across the sand. The text is overlaid in the center of the image.

Bitterness corrupts the flow of
God's grace to other people.


The impact of bitterness

- It contaminates you.
- It defiles others.
- It gives the devil access.

26 And don't sin by letting anger control you. Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.

Ephesians 4 (NLT)



A black and white photograph of a mangrove tree with its roots exposed on a beach, with the ocean in the background. The roots are thick and gnarled, spreading out across the sand. The text is centered over the image.

Satan never says no to an
invitation to create chaos in
your life.

The impact of bitterness

- It contaminates you.
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Overcoming bitterness



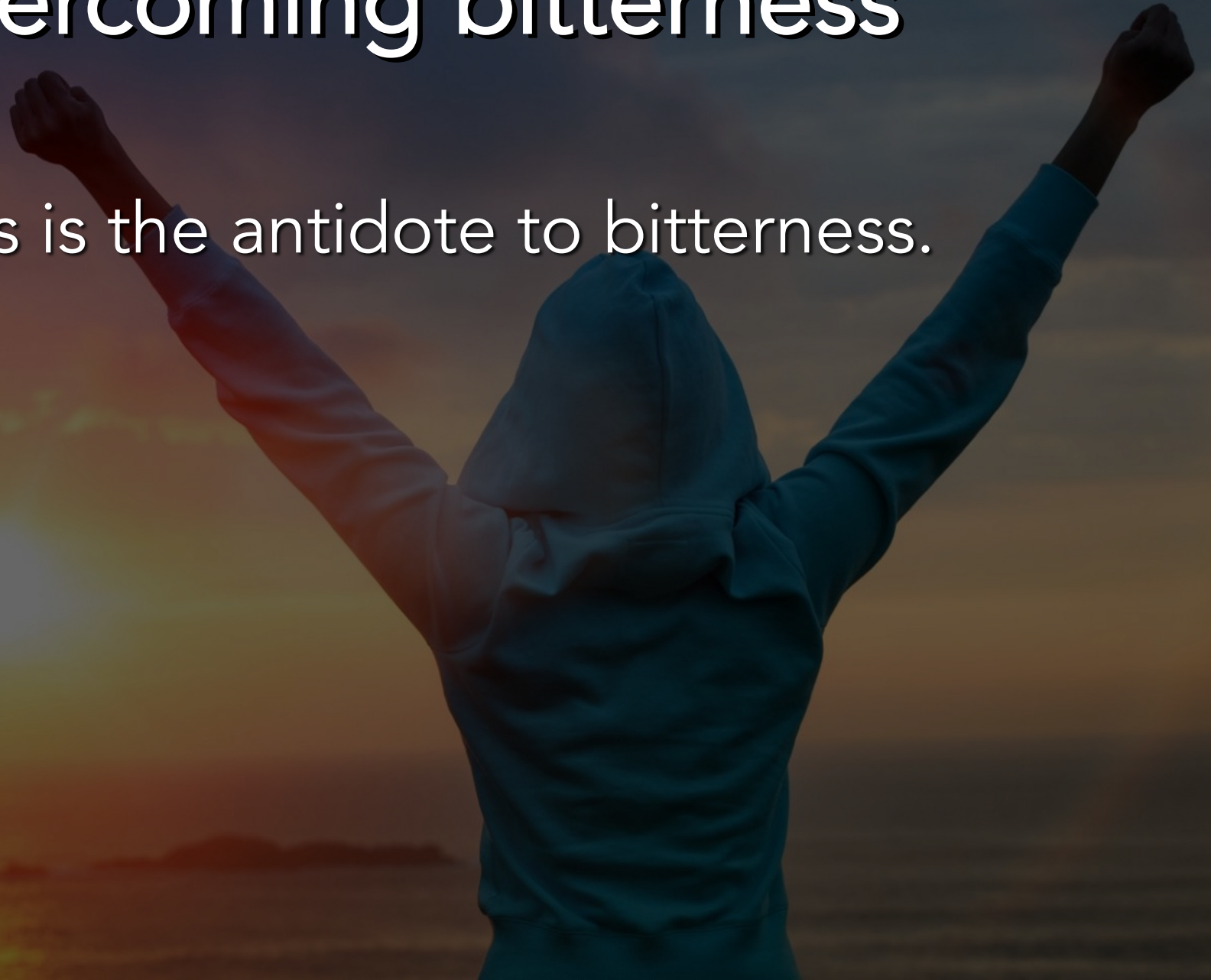
31 Get rid of all bitterness, rage, anger, harsh words,
and slander, as well as all types of evil behavior. 32
Instead, be kind to each other, tenderhearted,
forgiving one another, just as God through Christ
has forgiven you.

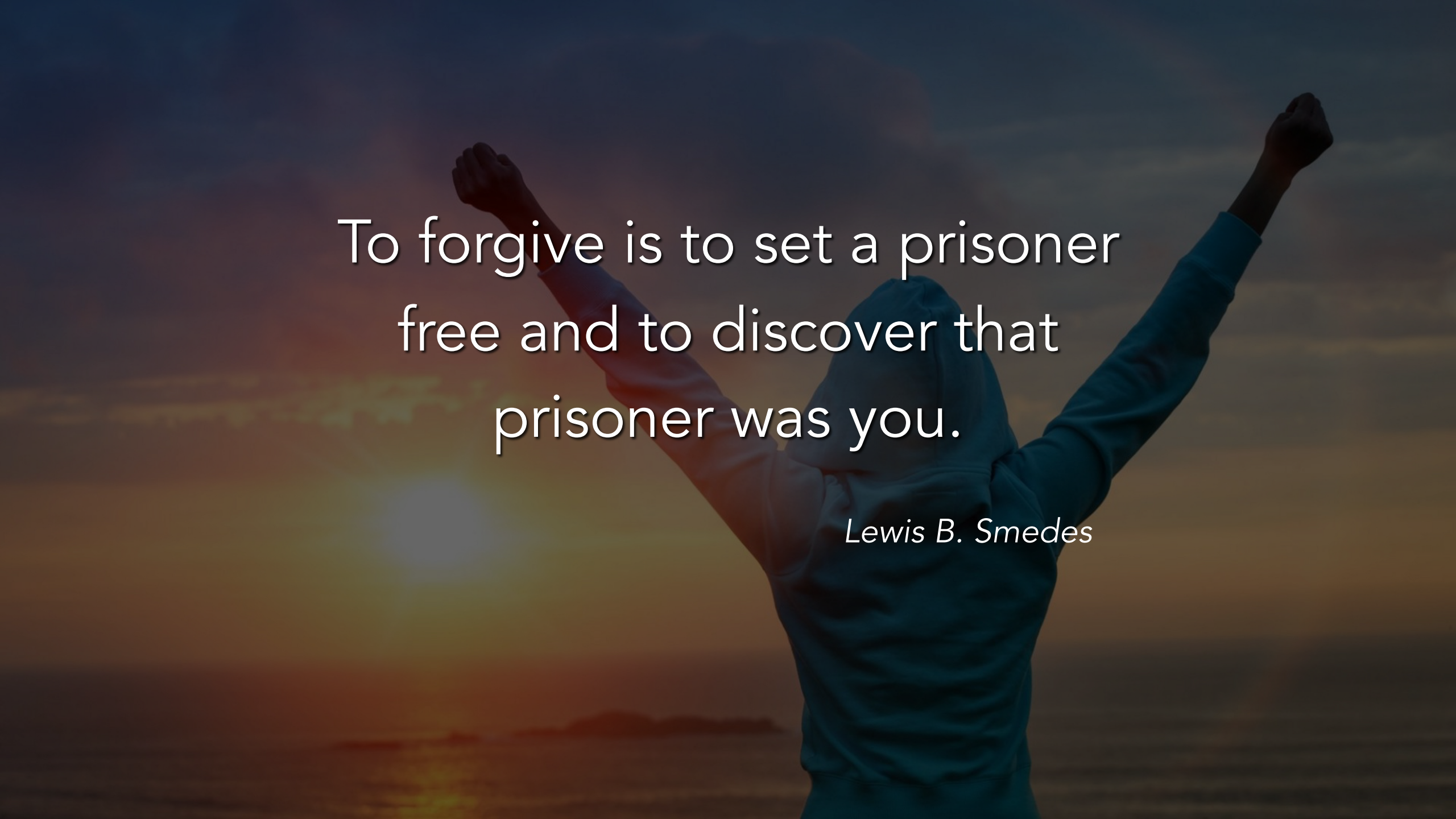
Ephesians 4 (NLT)



Overcoming bitterness

- Forgiveness is the antidote to bitterness.



A person wearing a blue hoodie is seen from behind, with their arms raised in a gesture of triumph or freedom. They are standing against a background of a sunset or sunrise over a body of water, with the sun low on the horizon creating a warm, orange glow. The person's hands are clenched into fists.

To forgive is to set a prisoner
free and to discover that
prisoner was you.

Lewis B. Smedes

22 For without the shedding of blood
there is no forgiveness.

Hebrews 9 (NLT)

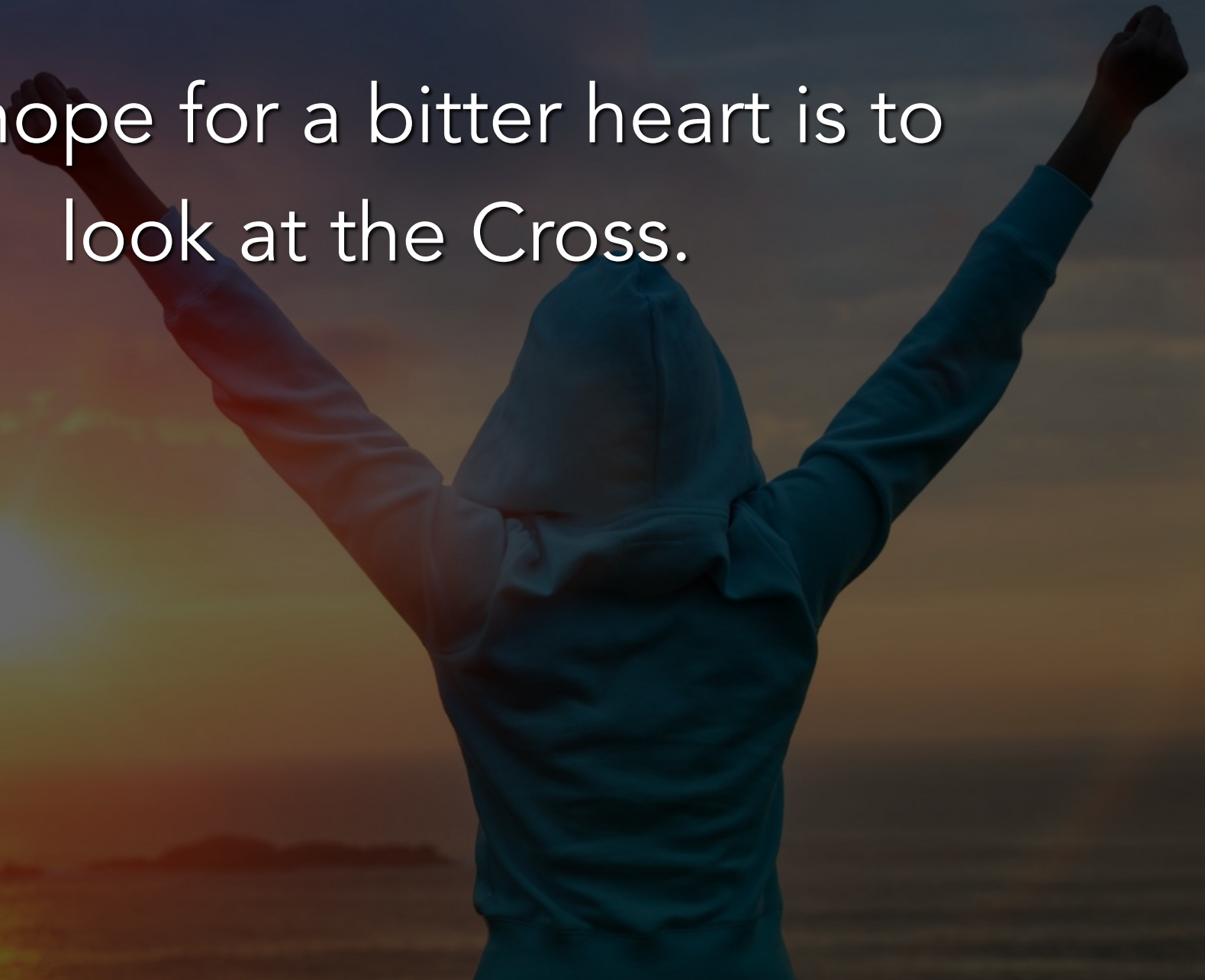


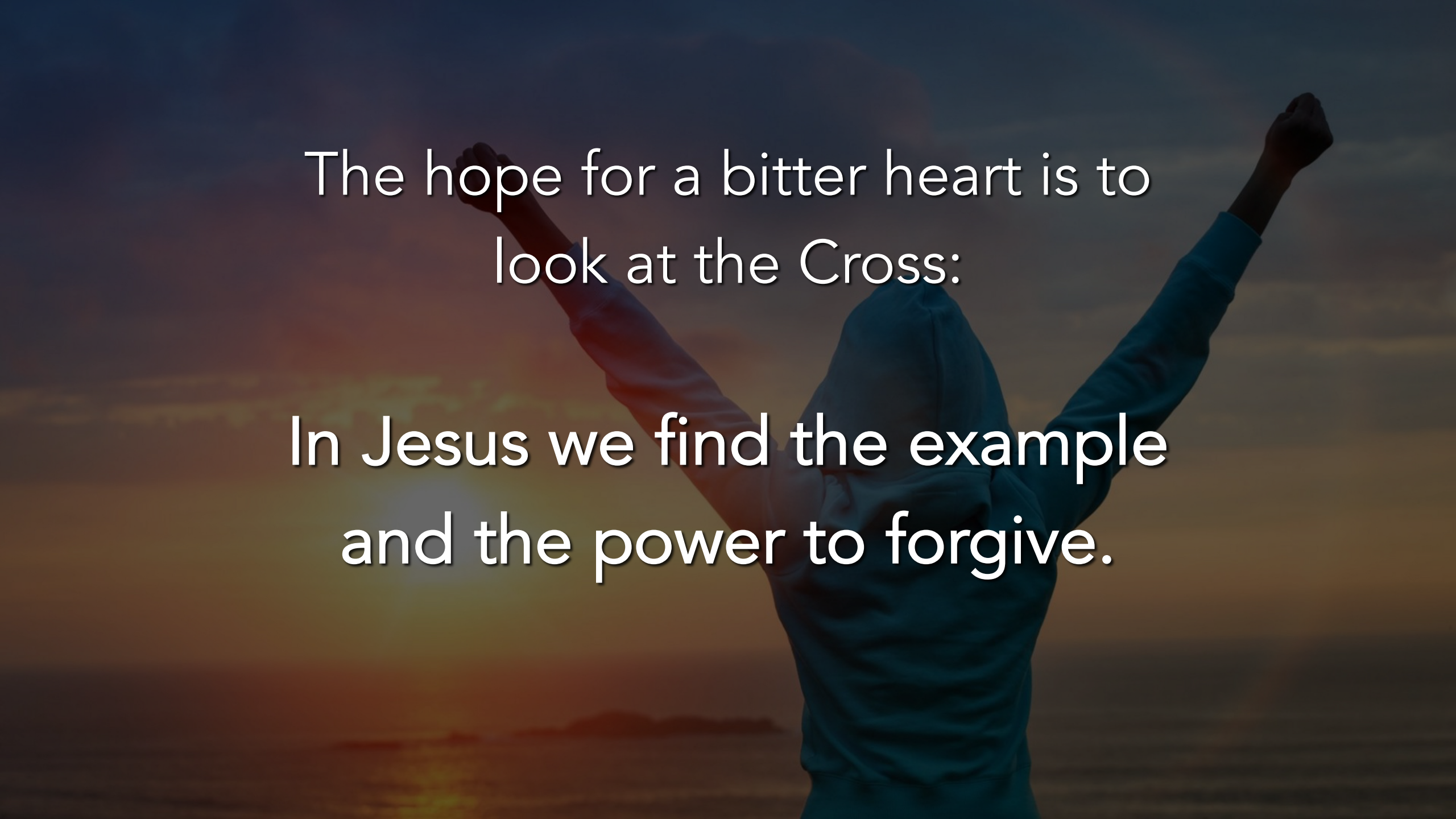
13 Bear with each other and forgive one another if any of you has a grievance against someone. **Forgive as the Lord forgave you.**

Colossians 3



The hope for a bitter heart is to
look at the Cross.



A person wearing a blue hoodie is seen from behind, with their arms raised in a gesture of triumph or praise. They are standing against a background of a sunset or sunrise over a body of water, with the sky transitioning from dark blue to orange and yellow. The text is overlaid on the upper half of the image.

The hope for a bitter heart is to
look at the Cross:

In Jesus we find the example
and the power to forgive.

20 Now all glory to God, who is able,
through his mighty power at work within
us, to accomplish infinitely more than we
might ask or think.

Ephesians 3 (NLT)



What forgiveness is (not)



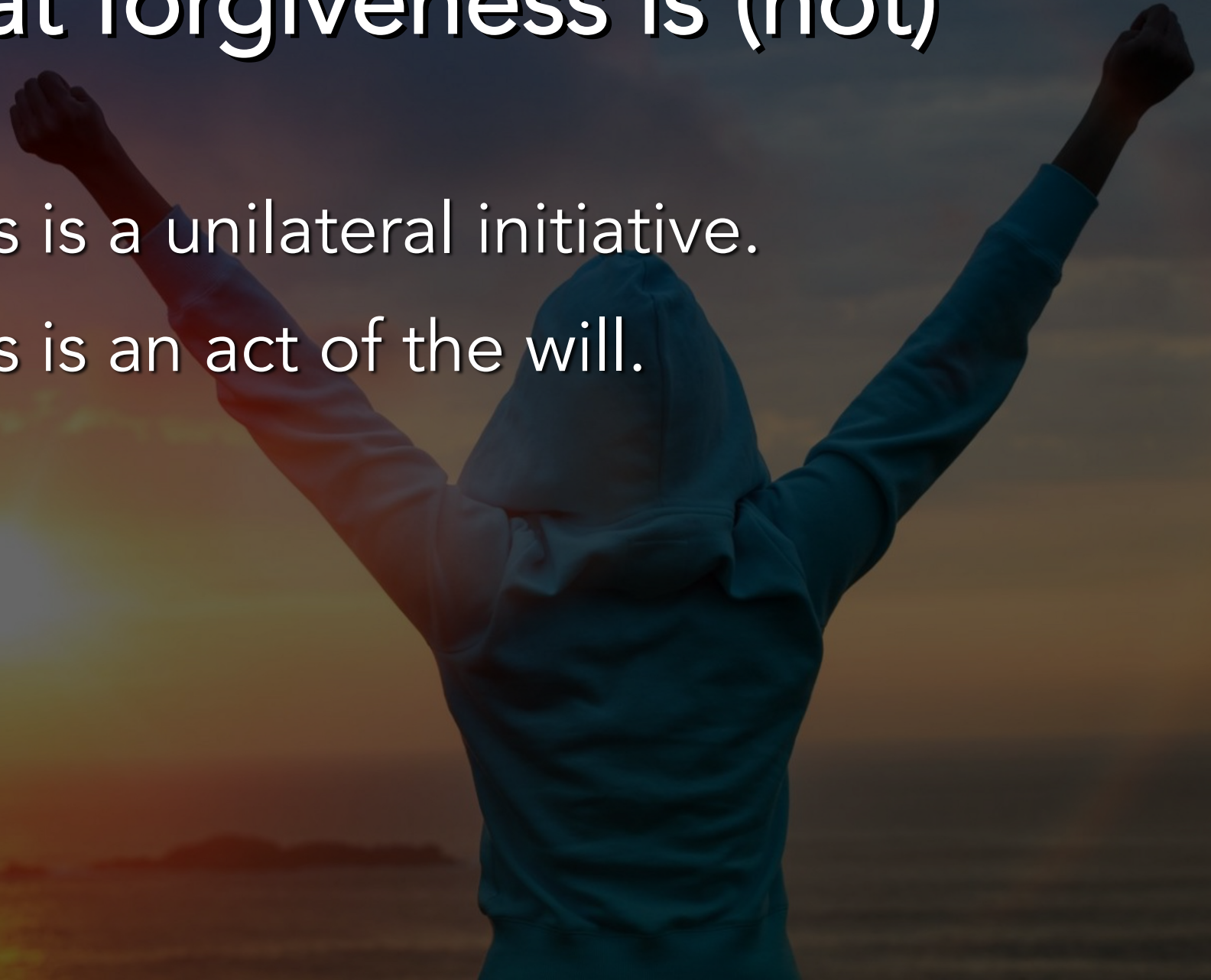
What forgiveness is (not)

- Forgiveness is a unilateral initiative.



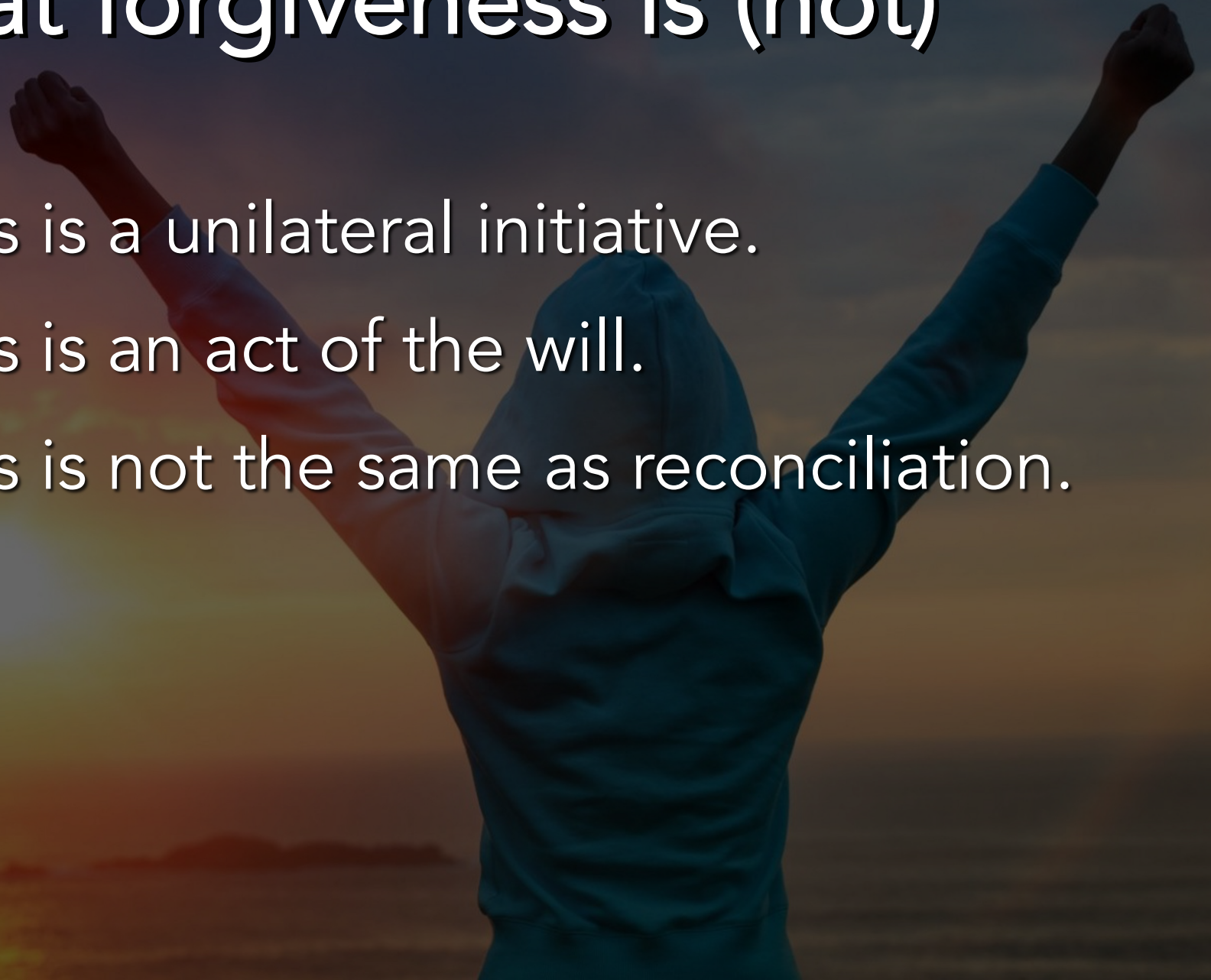
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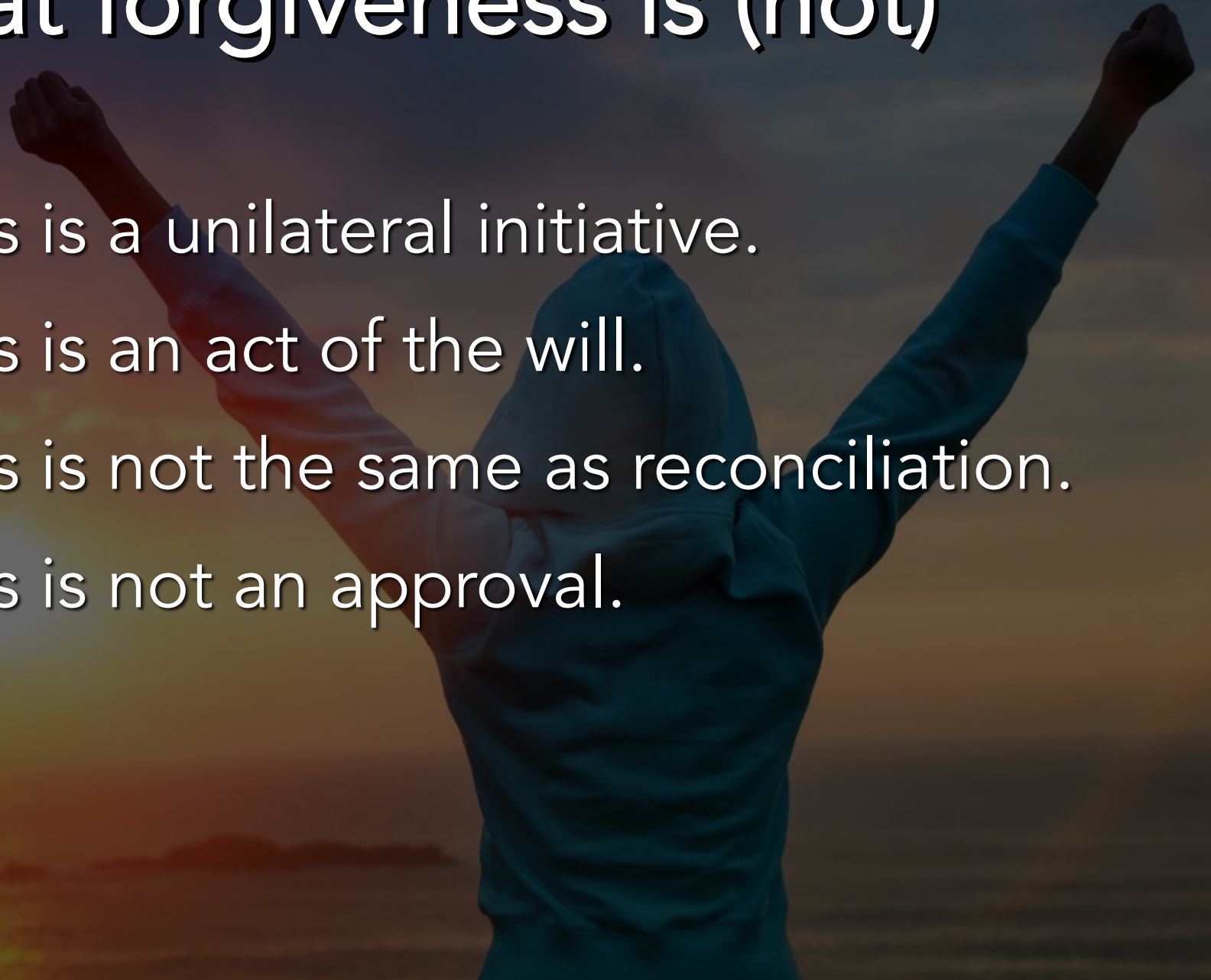
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- Forgiveness is an act of the will.
- Forgiveness is not the same as reconciliation.



What forgiveness is (not)

- Forgiveness is a unilateral initiative.
- Forgiveness is an act of the will.
- Forgiveness is not the same as reconciliation.
- Forgiveness is not an approval.



19 Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord.

Romans 12 (NLT)





Jane Lasonder

F  R G I V E