



### Travel Light wk3: Letting Go of Bitterness

**Introduction:** In the middle of all the celebration of the season, many of us experience something welling up inside us that threatens to steal our joy and damage our relationships. What if we were able to let go of bitterness, how would that change how we celebrate Christmas.

#### Discussion Questions

1. Can you think of something that you should be able to let go, but you just don't seem to be able to? Why do you think it keeps coming to mind?
2. **Read Hebrews 12:14-15** What is the danger in letting bitterness go unchecked? How do you know what needs to be reconciled and what needs to be let go?
3. It was said that bitterness is tough to see in the mirror, mainly because it feels justified; like a righteous anger. How do you know when you have a problem with bitterness?
4. Read **Ephesians 4:31-32** How do you get rid of the negative things Paul mentions? What will kill bitterness?
5. In the story of Jesus birth, there are people that might have been bitter that weren't (Zechariah & Elizabeth, Anna) and some that shouldn't be yet are (Herod). What's the difference in how these people reacted to their circumstances?
6. It was said that if you choose moment by moment to forgive and not play the "trump card;" that eventually what happened will be a fact and not an emotion. Is that true? What has helped you the most as you try to forgive or let go of things?

**Shaping Your Mind** - ...see to it that no bitter root grows up to cause trouble and defile many... *Hebrews 12:15*

**Moving Forward** – Bitterness has a dangerous root and produces a poisonous fruit...don't let it grow.