

# How to Get Rid of Doubt

Two Sources of Bitterness - "floating bitterness"

- 1- Personal offense
- 2- Vicarious offense = taking up another's offense

Heb 12:15 = a person w/ a root of bitterness keeps bad company - forgets grace & immorality

Forgiveness = having a greater desire to help ~~me~~ <sup>person after the</sup> ~~me~~ <sup>who offends</sup> than before

Causes of Bitterness = greatest cause of marriage breakup -

(if you've lost your love of wife, you didn't lose much -  
Genuine love can't be killed -

- 1- Personal Guilt. - Rom 2:1-3 your criticism exposes your own guilt, problem
- 2- attempt at Revenge - Rom 12:19
- 3- Temporal Value System = focusing our affections on things that last of time, rather than on character that lasts forever. (Luke 12:13-15) Good!

4- Taking up an offense - Psa 15 - "he that doeth these things shall never fall"

you usually are most upset than the person offended - because G gives grace to the offended but not to you.

→ Absalom // Shimlic = threw stones at David - His general took up offense

Consequences of Bitterness

- 1- Physical = ~~hardened~~ hardened facial muscles; physical ailments. Chemical imbalance.

2. Psychological Consequence - Depression.

Resentment uses up emotional energy.

3. Spiritual - <sup>①</sup> Lord's prayer - ask them to lift hand - "in same way" I forgive others

② Identification - becoming like the one we despise.

Note = Loving lost souls -

Love Jesus - feed sheep

add - 1 John 2 = Love of world

+ Love of Father = How to get daughter to fall out of love.

### Turning Bitterness into Forgiveness

1- View offender as O's Fool

2- Thank O for each offense - not feel thankful - Will vs Emotions

3- Discern value in each offense

① a mirror revealing wrong attitudes

② a motivation for developing right attitudes

4- Key to Forgiving Spirit = anticipating suffering in order to heal - their offense reveal their needs.

When we were hurt, at that moment, we weren't Loving - for love is giving, not getting. at ~~that~~ moment we were expecting something.

## Discerning Type of Offenders

- 1- Enemies — Love
  - 2- Those who <sup>Haters</sup> hate us — Do good
  - 3- Curses — Bless
  - 4- abusers — Pray for them
- < Matt 5:44, 45

Sermon on Love - doesn't keep accounts

Do you really love him, her, — but your love

|| Counseling = Find greatest point of resistance, then  
plan project = rebellion against parents' authority = obey  
father for one month w/out argument.

Did you know that Jesus loves you  
& your precious wife — and so do I!