

DR. ROBERT JEFFRESS

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# INVINCIBLE

CONQUERING THE MOUNTAINS  
THAT SEPARATE YOU  
FROM THE BLESSED LIFE

## "MOVING FROM BITTERNESS TO FORGIVENESS"

EPHESIANS 4:29-32

**Introduction:** Today, we are going to look at one of the most difficult--yet crucial--mountains we must scale to experience the blessed life God desires for us: the mountain of bitterness.

### I. The Source Of Bitterness: Unresolved Anger

**Unresolved Anger + Time = Bitterness**

**A. Anger Defined: "Anger is the natural, physical, and emotional reaction to a perceived injustice."**

#### B. Anger Explained

1. **Anger is natural.** (Genesis 1:27)

Genesis 1:27 "God created man in His own image, in the image of God He created him; male and female He created them."

2. **Anger is based on a perceived injustice.**

3. **Anger always results in a response.** (Colossians 3:8)

Ephesians 4:26-27 <sup>26</sup> "BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger, <sup>27</sup> and do not give the devil an opportunity."

Colossians 3:8 "But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth."

## II. The Consequences Of Bitterness

### A. Physical Consequences

### B. Emotional Consequences (Hebrews 12:15)

Hebrews 12:15 "See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled."

### C. Spiritual Consequences (Matthew 6:14-15)

Matthew 18:35 "My heavenly Father will also do the same to you, if each of you does not forgive his brother from our heart."

Matthew 6:14-15 <sup>14</sup> "For if you forgive others for their transgressions, your heavenly Father will also forgive you. <sup>15</sup> But, if you do not forgive others, then your Father will not forgive your transgressions."

## III. The Path From Bitterness To Forgiveness

### A. Acknowledge You Have Been Wronged (Genesis 50:20a)

Genesis 50:20a "As for you, you meant evil against me, but God meant it for good..."

### B. Trust in the Sovereignty of God (Genesis 50:20b)

Genesis 50:20b "...God meant it for good in order to bring about this present result, to preserve many people alive."

**C. Admit Your Own Failures and Receive God's Forgiveness**  
(Ephesians 4:32)

Ephesians 4:32 "Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

**D. Choose to Forgive Your Offender** (Mark 11:25)

Mark 11:25 "Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions."

Conclusion