



Reflection Guide
Sermon Title: Blessed and Bitter

Key Takeaways

- ⇒ Bitterness is deceptive.
- ⇒ The absence of a trigger is not the same as the presence of transformation.
- ⇒ Toxic traits have a ripple effect.
- ⇒ God has given us response ability.

Personal Reflection

1. "You are not always responsible for your wounds, but you are always responsible for your recovery." How does that statement sit with you? Is it easy or difficult to accept, and why?
2. "Some toxic traits can hide when you aren't hurt. You can appear forgiving until somebody who offended you receives favor." Have you experienced that kind of hidden bitterness in yourself? How did you recognize it?
3. Jonah sat on a hill to watch what would happen to Nineveh after he had already left. The sermon described this as physically leaving a situation while remaining emotionally invested in the outcome. Have you ever done that? What does it feel like to sit on that hill?
4. "Justice isn't always you seeing what God does to them; it is you seeing how he blesses you in spite of what they did to you." How does that redefine justice for you? Is that a definition you find easy or difficult to embrace?
5. Repentance is a change of mind that produces a change of direction and clarified that repenting of bitterness does not mean you were not wronged. It means the way you are handling being wronged is not right. Is there an area of your life where you need that kind of repentance right now?
6. Joseph is offered as a biblical example of a powerful reframe in Genesis 50:19-20, where he recognized that what his brothers intended for harm, God intended for good. What would it look like for you to apply that kind of reframe to a painful situation in your own life?
7. Pastor Dharius identified three things Jonah needed to release: his emotions, his assumptions, and the outcome. Which of those three is most difficult for you to release, and why?
8. "The reality is he is in need of the same grace he is upset that God gave them." How does recognizing our own need for grace change the way we respond when grace is extended to someone who hurt us?