



### Sermon Notes

**Sermon Title:** Blessed and Bitter

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**Sermon Foundational Scripture:** **Jonah 4:1–3 (NIV)** — **1** But to Jonah this seemed very wrong, and he became angry. **2** He prayed to the Lord, “Isn’t this what I said, Lord, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. **3** Now, Lord, take away my life, for it is better for me to die than to live.”

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### Sticky Statements:

- ⇒ You are not always responsible for your wounds, but you are always responsible for your recovery.
- ⇒ You may not have caused the injury, but you are responsible for dealing with the infection.
- ⇒ Someone else can give you a temporary scar, but only you can turn it into a lifetime subscription.
- ⇒ Bitterness is a chronic, deeply rooted feeling of resentment, anger, and disappointment.
- ⇒ Repentance is a change of mind that produces a change of direction.

### Supporting Scriptures:

- ⇒ 2 Kings 14:25 (NIV)
- ⇒ Jonah 1:4–5, 11–12, 17 (NIV)
- ⇒ Jonah 3:10 (NIV)
- ⇒ Jonah 4:1–5, 10–11 (NIV)
- ⇒ Leviticus 19:18 (NIV)
- ⇒ Ephesians 4:31 (NIV)
- ⇒ Hebrews 12:15 (NIV)
- ⇒ Genesis 50:19–20 (NIV)

### Bitterness Symptoms (Toxic Traits):

- ⇒ Toxic Thoughts
- ⇒ Toxic Tongue

### Three Steps To Overcome Bitterness:

1. Repent
2. Reframe
3. Release