

## *Don't Get Bitter, Get Better*

Hebrews 12:15

Resentment

Responsible  
Respectable  
Resentful

### I. What is the Cause? Hebrews 12:15

Psychology Today Magazine  
"All bitterness starts out as hurt"

### II. What is the cost? Two things

#1 It will cause you trouble.

Proverbs 17:22

#2 It will harm you relationally

### III. The cure for bitterness

Ephesians 4:31-32