

"Dig Up Roots, Don't Pull Weeds"

Main Point: Dig up roots, don't pull weeds! (Dealing with bitterness)

I. Recognizing the Problem

- 💡 Different types of bitter people:
 - Porcupine people - obviously negative, critical
 - Iceberg people - hide most of their bitterness below surface
 - Helper people - always helping, bitter no one helps them
 - Crybaby people - defined by problems
- How to identify bitterness in yourself:
 - From same mouth comes blessing & cursing (James 3:10)
 - What comes from mouth reveals heart (Luke 6:45)

II. Find the Root

- 🌱 Seeds of bitterness usually come from:
 1. Something said about you
 2. Something done to you
 3. Something taken from you
- Heb 12:14-15 - "See to it that no root of bitterness springs up"
- We can't control what happens to us but CAN control our response!

III. The Fruit of Bitterness (Eph 4:31-32)

- Bitterness spreads & grows like a crepe myrtle - can't kill it!
- Progression of bitterness:
 - Bitterness → harboring hurts, archaeological digging up past
 - Wrath → hot emotions (like a thermos)
 - Anger → deep-seated resentment, physically felt
 - Clamor → public outbursts (example: old church ladies!)
 - Slander → intentionally destroying others
 - Malice → quest to inflict pain
- 📝 Key insight: "You can be bitter or better but not both!"

IV. Eradicating Bitterness (3 keys)

1. Must be revealed by God (Psalm 139) - our hearts are deceitful
2. Must be ruled by grace (James 4:6) - ability to do what we can't
3. Must be replaced with good

V. Practical Application

- Forgive - Col 3:13 "as the Lord has forgiven you"
- Be thankful - 1 Thess 5:18 even for hard things
- Grow up - recognize we live in sinful world
- Take on Christ's character - Gal 5 (fruits of Spirit)

🔑 Two types of people: Velcro (everything sticks) vs. Teflon (let things go)

Remember: Bitterness destroys physically (cardiovascular issues), mentally (neural pathways) and spiritually (relationship with God)!