

Are you aware of any bitterness in your own life or have you ever struggled with bitterness in the past? If so, how did it manifest in your life? How did it impact your relationships?

At the heart of your bitterness, what are you typically believing about God's character, about yourself, and/or about others that is contrary to what God's Word says?

In your own words, how are humility and grace a part of "the bitterness battle"?

How can you take responsibility for your own bitter attitudes? For example, are there people you need to apologize to? Have you repented of your bitterness? Are there recurring thoughts you need to filter through scripture?

When you identify that you have bitterness in your heart, Portia shared these action steps:

1. Ask, "What thoughts/emotions am I meditating on?"
2. Take those thoughts/emotions to God. Don't stuff it.
3. Begin a pattern of filtering your thoughts & emotions through scripture.
4. Pray, asking God, "How do I handle this emotion and situation in a God-honoring way?"
5. Pray for HIS power instead of relying on your own limited power and control.
6. Find a friend who can hold you accountable and pray for you.
7. Trust that, as a believer in Christ, God has good works planned in advance for you to do and that he will complete it in you through HIS power.

Scriptures: Ephesians 4:31-32, Philippians 4:8-9, 11-13, Romans 12:2, James 1:19-21, Matthew 7:17-19, 1 Corinthians 13:4-8a, Galatians 6:1-2, Ephesians 2:1-10, James 3:17