

1 Peter 3:9 (NLT) Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it.

It is easier said than done when we pay more attention to our flesh and its desires than we do to the Holy Spirit and His wisdom!

Hebrews 12:15 (NKJV) looking carefully lest anyone fall short of the grace of God; lest any **root of bitterness** springing up cause trouble, and by this many become defiled;

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Proverbs 17:22 (NKJV) A merry heart does good, *like* medicine, But a broken spirit dries the bones.

Bitterness is an extreme word with extreme consequences.

Hebrews 12:1-2 (NKJV) ¹ Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, ² looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Hebrews 12:3-4 (NKJV) ³ For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. ⁴ You have not yet resisted to bloodshed, striving against sin.

Hebrews 12:5-6 (NIV) ⁵ And you have forgotten that **word of encouragement** that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, ⁶ because the Lord disciplines those he loves, and he punishes everyone he accepts as a son."

Proverbs 3:11-12 (NKJV) ¹¹ My son, do not despise the chastening of the LORD, Nor detest His correction; ¹² For whom the LORD loves He corrects, Just as a father the son **in whom he delights.**

Hebrews 12:7 (NLT) As you endure this divine discipline, remember that God is treating you as His own children. Who ever heard of a child who is never disciplined by its father?

Hebrews 12:8 (NIV) If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons.

Hebrews 12:9 (NIV) Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live!

Hebrews 12:10 (NLT) For our earthly fathers disciplined us for a few years, doing the best they knew how. But God's discipline is always good for us, **so that we might share in His holiness.**

Hebrews 12:11 (NIV) No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

Hebrews 12:12-13 (NKJV) ¹² Therefore strengthen the hands which hang down, and the feeble knees, ¹³ and make straight paths for your feet, so that what is lame may not be *dislocated*, but rather be healed.

1. Bitterness necessitates that you walk in the flesh and not in the Spirit.
2. Bitterness halts spiritual growth altogether.
3. You cannot be full of bitterness and the things of God at the same time

Hebrews 12:14 (NKJV) Pursue peace with all *people*, and holiness, without which no one will see the Lord:

Hebrews 12:15 (NKJV) looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;