



Your *group* matters.

DISCUSSION GUIDE

- Icebreaker -

You have won an all-expense paid trip to the place of your choice anywhere in the world! (Lucky you!) Where will you go and why?

1. This week's reading included injustice, stress, fear, and God's incredible love for us. What did God point out to you as you read through chapters 13-16?
2. Throughout the book, the author indicates that being offendable is often related to our attributing intent or motive to another person who has hurt us. Pastor Tom pointed out that left unchecked, the resentment that forms in us can metastasize into a "cancer of bitterness". Knowing this, what can you do to stop bitterness taking root in your life?
3. In what ways has bitterness both poisoned your own soul and corrupted those around you?
4. Read [Ephesians 5:8-14](#). Pastor Tom said that the first step in overcoming a root of bitterness already present in your life is to expose it and admit that it's there. Why is it so hard for you to see bitterness as sin and accept that it must be removed?
5. Read [Psalm 36:9](#), [43:3a](#), [56:13](#), [119:105](#). The metaphor of "light" is often used in Scripture to illustrate how God illuminates to us what is real, true, and life-giving. What does it mean to walk in His light and how can that help to expose our bitterness and remove it from our lives?
6. How might the Holy Spirit use your small group or other Christ followers in the process of revealing and uprooting bitterness; will you allow it? How can we pray for you as you work on discovering and removing bitterness from your life?

If you are not part of a small group, it's not too late to join one...
Go to [MYRC.CHURCH/GROUPFINDER](https://myrc.church/groupfinder) and email a leader today!

WEEKLY READING

Read **Chapters 13-16 (pages 93-130)** of *Unoffendable* before you go to small group.



RIVERSIDE CHURCH



WHAT DOES IT MEAN TO BE...

UNOFFENDABLE?

OCTOBER 9, 2022

MYRC.CHURCH



"UNDER THE SURFACE"

Pastor Tom Lundeen

MESSAGE NOTES

- In 2020 the average # of investigated incidents of unruly airline passengers = _____.
- In 2021, _____ unruly airline passenger reports.
- So far in 2022, better, but still _____ unruly airline passenger reports (as of October 4, 2022).

We're navigating a different kind of _____ = bitterness and anger.

Is it actually possible to live an unoffendable _____?

Today we're going to focus on something that is so much a part of the struggle in experiencing a more unoffendable life = _____.

1. Bitterness is a Concealed _____ (note [Hebrews 12:14-15](#))

Wild fig tree in South Africa = taproot _____ feet deep!
Scriptures make it clear that what is beneath the surface of our soul that gets left unchecked is not going to either go away or remain _____, but it will slowly keep growing and eventually starts causing _____.

All bitterness starts out as _____. And your emotional pain may well relate to viewing whoever (or whatever) provoked this hurt as having malicious intent: As committing a grave injustice toward you; as gratuitously wronging you and causing you _____. _____ - and resentment - is what we're all likely to experience whenever we conclude that another has seriously abused us. Left to fester, that righteous anger eventually becomes the corrosive _____ that is bitterness. (Seltzer, Psychology Today)

- Bitterness is like a slow-growing _____ that can cause so many problems before it becomes evident.
- Bitterness is a _____ that robs you of the life Jesus died for you to experience.
- Bitterness always _____ us first and the most.

- But it also will _____ others (*corrupting...defiling...pollute... contaminates...causing trouble..._____ many...*)
- Bitterness is something people almost celebrate and usually _____
- We let our lives be _____ by bitterness, and then we invite as many people to join us in our misery as possible.
- Note [Hebrews 12:14](#) = hatred and holiness cannot _____ in the same heart.
- When we invite others into our bitterness, we become a _____

So what can kill a root of bitterness?

2. Bring it Into the _____

Note [Ephesians 5:8-11](#)

_____ them...

Have you been willing to name what has emotionally/mentally/spiritually _____ you?

The problem is you cannot _____ from that which you're unwilling to admit.

Note [Ephesians 5:13-14a, 15-16](#)

CAN I LIVE AN UNOFFENDABLE LIFE?:

- The time has come to ask the Holy Spirit to turn His searchlight into the deepest region of our _____ and name any bitterness that's there.
- This is the pathway toward freedom from the _____ of bitterness. Begin to experience Jesus' promise of peace, hope, and joy.
- Note [Psalm 36:9](#); [43:3a](#); [56:13](#); [119:105](#); [Ephesians 4:31-32](#)

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy).

*[MyRC.link/connect](#) or text **riverside** to **94000**



SMALL GROUP
guide on the back



"UNDER THE SURFACE"

Pastor Tom Lundeen

MESSAGE NOTES

- In 2020 the average # of investigated incidents of unruly airline passengers = 143.
- In 2021, 5,981 unruly airline passenger reports.
- So far in 2022, better, but still 1,944 unruly airline passenger reports (as of October 4, 2022).

We're navigating a different kind of pandemic = bitterness and anger. Is it actually possible to live an unoffendable life?

Today we're going to focus on something that is so much a part of the struggle in experiencing a more unoffendable life = bitterness.

1. Bitterness is a Concealed Marauder (note Hebrews 12:14-15)

Wild fig tree in South Africa = taproot 400 feet deep!
 Scriptures make it clear that what is beneath the surface of our soul that gets left unchecked is not going to either go away or remain static, but it will slowly keep growing and eventually starts causing damage.

All bitterness starts out as hurt. And your emotional pain may well relate to viewing whoever (or whatever) provoked this hurt as having malicious intent: As committing a grave injustice toward you; as gratuitously wronging you and causing you grief. Anger - and resentment - is what we're all likely to experience whenever we conclude that another has seriously abused us. Left to fester, that righteous anger eventually becomes the corrosive ulcer that is bitterness. (Seltzer, Psychology Today)

- Bitterness is like a slow-growing cancer that can cause so many problems before it becomes evident.
- Bitterness is a thief that robs you of the life Jesus died for you to experience.
- Bitterness always damages us first and the most.

- But it also will poison others (*corrupting...defiling...pollute...contaminates... causing trouble...ruin many...*)
- Bitterness is something people almost celebrate and usually broadcast...
- We let our lives be defined by bitterness, and then we invite as many people to join us in our misery as possible.
- Note Hebrews 12:14 = hatred and holiness cannot coexist in the same heart.
- When we invite others into our bitterness, we become a stumbling block...

So what can kill a *root of bitterness*?

2. Bring it Into the Light

Note Ephesians 5:8-11

Expose them...

Have you been willing to name what has emotionally/mentally/spiritually paralyzed you?

The problem is you cannot heal from that which you're unwilling to admit.

Note Ephesians 5:13-14a, 15-16

CAN I LIVE AN UNOFFENDABLE LIFE?:

- The time has come to ask the Holy Spirit to turn His searchlight into the deepest region of our soul and name any bitterness that's there.
- This is the pathway toward freedom from the prison of bitterness. Begin to experience Jesus' promise of peace, hope, and joy.
- Note Psalms 36:9; 43:3a; 56:13; 119:105; Ephesians 4:31-32

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