



PART 1: Uproot Bitterness

In a moment, someone's comment, an unfair decision, or a personal attack can leave you feeling wounded. In that instant, bitterness can take root. Decide now to intentionally uproot bitterness before bitterness uproots you.

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SCRIPTURE

MAIN TEXT → [GENESIS 4:1-10](#)

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THINK

- What is your favorite "revenge" movie?
- Chris shared in the message that *"When you hold onto a grudge, you can't hold onto anything else."*. How have you seen that truth surface in your life?
- The word bitterness was never used in the story of Cain and Abel. How do you see bitterness – underneath the surface – in this story?
- [Genesis 4:7](#) → God clearly gives us a choice on making the right or wrong decision. What makes it so difficult for you to make the right choice when it comes to holding a grudge?
- There are four specific ways that we feed bitterness: 1. Reply, 2. Blame, 3. Keep Score, 4. Divide. How do these four areas impact you and your relationships? What other ways do you feed bitterness?

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ENGAGE

- Boundaries are essential for healthy relationships. What boundaries have you set that have led to healthier relationships? What is a boundary that you know you need to set?
- Without saying the specific name, share about the person whose name you placed in the box. Invite accountability and encouragement on your path to uproot bitterness.

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PRAY

This discussion guide follows the S.T.E.P. framework. For more information on S.T.E.P., go to tcconline.tv/step.