**Overcoming – part 2 Bitterness, Being offended with God**

**Hebrews 12:15; Exodus 15:22-27**

**HOOK**

**1. If your spiritual life was a gas tank, what would your gas gauge read: Full, ¾, ½,1/4, empty?**

**2. What tends to fill your spiritual tank? What empties it?**

**3. What prayer do you remember that God didn’t answer like you wanted? How did you feel?**

**BOOK**

**4. Read Hebrews 12:1. What are weights you carry that slow you down spiritually?**

**5. Read Hebrews 12:15. In this verse, what does the author of Hebrews suggest causes trouble in our spiritual race?**  (Bitterness) **What is the connection between the grace of God and bitter roots?** (Hanging on to bitterness is like a bitter root that grows, and it happens when we don’t extend the same grace that God shows us to others).

**6. How does bitterness cause trouble or defile a marriage, a family or a church?** (Bitterness can spread by being around bitter people, or simply being left to grow unchecked in our hearts. Bitterness causes distance, hatred and a desire for revenge).

**7. What causes bitterness in our souls?**  1. Unresolved hurt; 2) Unanswered prayer; 3) Unmet expectations. **Which one of these has done the most damage in your spiritual life?**

**8. How do people that are close to us have greater potential to hurt us?** (By virtue of the fact that we have higher expectations from our family, our spouse, our parents, our siblings and even our children have the greatest ability to hurt us. When someone we love most lets us down, the hurt is that much greater, and that much more difficult to overcome).

**9. Read Exodus 15:22-27.**

**What event immediately preceded the bitter waters of Marah?** (Walking through the Red Sea on dry land and the destruction of the Egyptian army).

**What event came right after the experience of bitter waters at Marah?** (Elim – 12 springs and 70 palm trees, food and water for all).

**Is that similar to the way you move from highs to lows in your spiritual life? Or are you steady?**

**10. What changed the bitter water into sweet?** (a piece of wood). **How does the cross of Jesus change the taste of life for believers?** (the Cross of Christ is the definitive sign of God’s love for us. Your personal circumstances don’t necessarily coincide with how God feels about you. We can rejoice in tribulation because we know God is for us, not against us. When we throw the Cross of Christ into our bitter pools, He’ll transform the water.

**TOOK**

**11. How do we get rid of negative things we’re holding onto?**  (Confession to God and other believers, truth declarations, letting go).

**12. Read Psalm 77:9,10,19. How does remembering God’s goodness help us get rid of bitterness?** (When things are bleak, we need to remember God’s goodness. God’s ways aren’t always easy to see (his footprints). We need to remember that God is leading us to Elim; Marah is just a hard stop on the way. You make the choice to either become bitter or to become better through the test).

**13. How does unanswered prayer tempt us to quit praying?** If you’ve been disappointed with God, if you’ve been offended at God, it can stop you from moving forward in the very area God wants to use you. It’s counterintuitive, but if you want to see more miracles, pray for more people, not less.

**14. What healing would you like to press in and believe God for? How does Exodus 15:26 encourage you to press on with prayer for healing?**