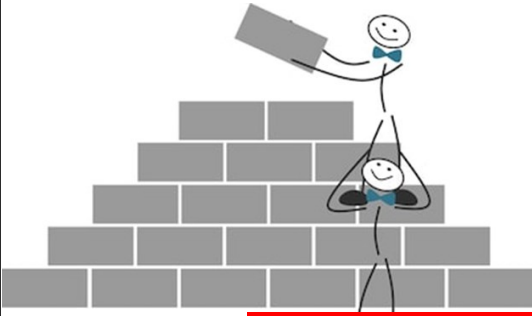


# Rise & Build:

## Reflections from the Joseph Story



### How to Flick the chips off of our Shoulders

**Genesis 37:4** “His brothers saw that their father loved him more than all his brothers; and so they hated him and could not speak to him on friendly terms.”

The home life of Joseph was not good. His father favored him and the others knew it. He received a gift that the others didn't. They hated him. They hated him so bad that they wanted to kill him. Remember, this was the great-grandsons of Abraham. Within the families of God, turmoil, trouble and tragedy often exists. This lesson deals with the ugly feeling of bitterness.

A. A person feels bitter towards another when:

- they have been taken \_\_\_\_\_ of or cheated out of something
- they are \_\_\_\_\_ and believe someone got special privileges that they didn't
- they see that life has been \_\_\_\_\_ to them
- they have exhausted all avenues and still have \_\_\_\_\_ come to a positive resolution for them

1. As a result, a person walks through life with a chip on their shoulder. They are angry, bitter and unkind to others.

#### Biblical Examples:

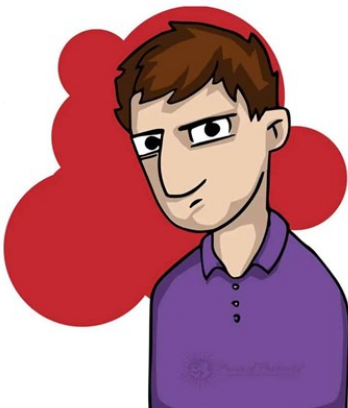
- Naomi: “Do not call me Naomi; call me Mara, for the Almighty has dealt very bitterly with me” (Ruth 1:20). She felt this way because her \_\_\_\_\_ and \_\_\_\_\_.
- Esau: “When Esau heard the words of his father, he cried out with an exceedingly great and bitter cry, and said to his father, ‘Bless me, even me also, O my father’” (Gen 27:34). He had been \_\_\_\_\_ out of the blessing by his brother.
- Simon: “For I see that you are in the gall of bitterness and in the bondage of iniquity” (Acts 8:23). Simon's lust for apostolic power led him to make an \_\_\_\_\_ request.

#### The N.T. Warns About Bitterness:

- Eph 4:31 “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.”

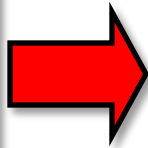
Do you see how these words are connected and all begin with bitterness

- Col 3:19 “Husbands, love your wives and do not be embittered against them”  
ESV: do not be HARSH with them
- James 3:14 “But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth.”



### Common Characteristics of a Bitter Person:

1. Feel they are the \_\_\_\_\_ in life and have been cheated
2. Focus upon themselves and are \_\_\_\_\_
3. They are \_\_\_\_\_ about their bitterness
4. They are filled with \_\_\_\_\_
5. They can be led to \_\_\_\_\_ or taking matters in their own hands
6. They are \_\_\_\_\_ of things changing in their favor
7. They are not interested in \_\_\_\_\_
8. They \_\_\_\_\_
9. They hold \_\_\_\_\_
10. Feel they have no \_\_\_\_\_ and no \_\_\_\_\_ over things



### People can be bitter towards:

- The outcome of elections
- The bureaucracy of corporations, health care systems, and big business
- God
- God's church
- Racism
- Those in control



### THINGS TO REMEMBER:

1. Life is not promised to be \_\_\_\_\_
  - the innocent, even the good suffer. Look at Job.
  - Ecc 9:11 Time and \_\_\_\_\_ happen
  - not everyone lives \_\_\_\_\_ ever after
2. Bitterness is like the flu. It's easy to \_\_\_\_\_ it from others.
3. It is \_\_\_\_\_ to let your light shine when you are bitter
4. One does not feel like doing \_\_\_\_\_ to others and \_\_\_\_\_ for his enemies when he is bitter
5. God expects us to be \_\_\_\_\_, \_\_\_\_\_ and humble (Col 3:12-13)
6. Bitterness can \_\_\_\_\_ fellowship and friendships
  - People do not like being \_\_\_\_\_ a bitter person
7. Bitterness is a \_\_\_\_\_. One doesn't have to be bitter
  - Joseph was not bitter
  - Bitterness can \_\_\_\_\_ (Eph 4:31)
8. Our \_\_\_\_\_ can cause other to be bitter (Col 3:21)
9. Bitterness leads to other \_\_\_\_\_ (Heb 12:15)
10. God does not want you to be bitter  
P\_\_\_\_\_, f\_\_\_\_\_,  
realize you have been b\_\_\_\_\_, you  
are H\_\_\_\_\_ b\_\_\_\_\_, seek \_\_\_\_\_ resolutions and  
\_\_\_\_\_ (PS 118:6)

