



Wednesday, July 1, 2026

**WOW – Word on Wednesday**

*Summer School Series*

**“Unpacking Summer Baggage”**

*Week 1: The Baggage of Busyness*      *Matthew 11:28-30*

***Week 2: The Baggage of Bitterness***      ***Ephesians 4:31-32***

*Week 3: The Baggage of Regret*      *Philippians 3:13-14*

*Week 4: The Baggage of Anxiety*      *Philippians 4:6-7*

**Intro:** “Bitterness is like drinking poison and waiting for the other person to die.” Bitterness starts small: it’s a hurt, a disappointment, or an unmet expectation that is not surrendered to God and then takes root. Bitterness is a spiritual weight that hardens the heart, steals joy, and blocks growth! Tonight’s study will help us identify places where pain has lingered too long and give practical steps on how to Unpack Bitterness.

**I. The Causes of Bitterness**

- a. Unresolved anger or resentment grows into the “roots of bitterness”.      1 John 1:9
- b. It defiles our relationship with God and others.      1 John 4:20
- c. What starts as a small seed of an offense or unfair treatment can grow into deep resentment if left unchecked.
- d. Bitterness is not a choice we make; it’s a condition we face.

**II. The Cutting Out of Bitterness**

- a. God does not expect us to manage bitterness; He commands us to completely remove it from our lives.      Hebrews 12:15
- b. Bitterness doesn’t stay contained – drinking private poison eventually turns to an open spectacle.      Luke 17:3-4
- c. Bitterness is the poison that destroys everything you love and need: family, friendships, relationships, joy, peace, love, communication.      Proverbs 14:10

**III. The Cure for Bitterness**

- a. Overcoming bitterness is a step-by-step process.      Romans 12:21
- b. Choose to forgive: The most effective remedy for a bitter heart is forgiving those who have wounded you.      Mark 11:25
- c. Practice self-examination: Take an honest look at your own actions.      2 Corinthians 13:5
- d. Limit rumination: Stop replaying hurtful interactions in your mind.      Philippians 4:6-7
- e. Avoid discussing the offenses with others in ways that escalate the anger.      1 Peter 5:7
- f. Cultivate gratitude: consciously replace negative thoughts with habits of thankfulness!