

**Sermon Title: Weight Up**

Date: Sunday: September 10, 2017

Speaker: Pastor J.



**Background Scripture: Ephesians 4:31[KJV]**

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

**Jumpstart and Review:**

Paul’s letter to the Ephesian church is **NOT** for the average church goer! Like the Song of Solomon was restricted to men of a certain age & maturity level, Ephesians was/is for Christ-like believers who had graduated petty, carnal skirmishes. The Book of Ephesians ignores the distractive tendencies that make up most pointless Kingdom arguments and deals directly with the “root” cause.

**Bitterness:** anger that was ignored or swept under the “rug”; vintage anger

**Here’s What We Know:**

1. **BITTERNESS CAUSES A NEGATIVE CHANGE IN ALTITUDE**
2. **BITTERNESS CAUSES A NEGATIVE CHANGE IN APPETITE**
3. **BITTERNESS CAUSES A NEGATIVE CHANGE IN ACCURACY**

**What Changes This Narrative: FORGIVENESS**

‘And **forgive us our** debts, as we have **forgiven our** debtors [letting go of both the wrong and the resentment]. Matthew 6:12 [AMP]

‘And **forgive us our** sins, For we **ourselves** also **forgive** everyone who is indebted to **us** [who has offended or wronged **us**]. And lead **us** not into temptation [but rescue **us** from evil].” Luke 11:4 [AMP]

**QFC** (Questions For Consideration)

1. *According to Hebrews 12:15, how can we keep a root of bitterness from taking hold?*

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2. *Does forgiveness mean automatic restoration of allowances, trusts and confidences?*

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**Reflect-n-Recap**

1. *This week's lesson was ...*

2. *The areas I feel this lesson growing me are ...*

3. *Comments / Testimonial / Questions:*