

Help out of ...The Hole of No Hope, pt 14**Author:** Tom L. Sooter

- I. What is the second truth of A.C.T that will help you get out of the hole of no hope?
C_____ bitterness to forgiveness
- II. Bitterness always begins with an inner h_____.
- A. A hurt is the result of feeling that an event or circumstance involving you was not
F_____.
- B. An U_____ hurt will always move a person to resentment then
bitterness.
- C. The bitterness that comes from our I_____ of the events of life will
determine our emotional, mental, physical, and spiritual health.
- D. What you P_____ to be true, you will believe to be true, even if it is
not true.
- III. You are controlled by your belief system. Your “B_____” is the result of your
“believer” (Prov. 14:10).
- IV. Bitter people do not take I_____ or correction well. It is always someone
coming against them (Prov. 15:32).
- V. As Christians, the Bible admonishes us to forgive others of their S_____ against
us, as Jesus Christ has forgiven us of our sins against Him (Eph. 4:31-32; Mt.
18:21-22).
- VI. To change bitterness to forgiveness, you must understand the TWO Biblical
aspects of forgiveness.
- A. “I Forgive You and I Don’t Want to G_____ Even” (Rom. 12:19).
- B. Forgiveness is not for the offender. It is for Y_____!
- VII. Until you forgive, you are E_____ hooked to the offender AND the offence
for the rest of your life!
- VIII. The original offence is their fault. Allowing their offence to emotionally hurt you
over and over again is your F_____!
- IX. F_____ moves them from your hook of revenge to the Lord’s hook of revenge
(Rom. 2:16; 12:17).
- X. Forgiveness F_____ you from the hurt.