

ROLLER COASTER

DEALING BIBLICALLY WITH LIFE'S EMOTIONAL UPS AND DOWNS

From Bitterness to Forgiveness – Joseph Acts 7:9–16

May 24, 2026

Introduction:

- Coated with many colors
- Ephesians 4:31-32
- Hebrews 12:15
- Acts 7:9-16

“Bitterness is the result of dwelling too long on a hurt.”

BITTERNESS - THE ROOT THAT POLLUTES, LOU PRIOLO

Evidence of Bitterness

- You rehearse _____ that have already happened
- You keep a _____
- Grace for others feels like _____ to you
- You tell the same story to different _____
- You confuse vigilance with _____
- Bitterness feels _____

REFUGE APP, DR. JON THOMPSON

To Move from Bitterness to Forgiveness we need to...

1. Realize that forgiveness isn't really _____
 - Colossians 3:12-13
2. Refine our _____
 - Proverbs 13:20
 - 1 Corinthians 15:33
 - Psalm 1:1
3. Refocus like _____
 - Acts 20:24

Conclusion:

- Moving from bitterness to forgiveness
- Genesis 50:19-21
- Ephesians 2:8-10