

# Drinking the Poison of Bitterness

by Carter Conlon

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*This sermon delves into the struggle of holding onto bitterness and unforgiveness, highlighting the difficulty in letting go of past hurts and the comfort found in holding onto grudges. It emphasizes the toxic nature of bitterness, likening it to drinking poison and waiting for the other person to suffer. The speaker shares personal insights on the challenges of forgiveness and the internal release that comes with letting go of resentment.*

**Scripture:** Ephesians 4:31, Matthew 6:14, Colossians 3:13, Luke 6:37

**Topics:** "Forgiveness", "Letting Go of Bitterness"

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## Description

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## Transcript

As we find ourselves saying, God, if it's possible, I don't want to do this. I don't want to forgive those people who did this. I don't want to forgive that person who did or didn't do or was or wasn't there for me.

I've held on to this so long, it's become almost a source of comfort to me. I don't want to let it go. You know, one person said bitterness is a great example of bitterness is two people sitting at the same table and one person drinks a glass of poison and waits for the other person to die.

That's what bitterness is like. It releases something inside of us and it's so hard to forgive. Ask me how I know.

I'm not going to tell you tonight, maybe some other time I'll tell you, but I know what I'm talking about.

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