

# TakeNote

Pastor Shawn Thornton—

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## Keeping Bitterness Out

—Psalm 55:1–23 (and 2 Samuel 11–18)

*Part 3 of a series from the Book of Psalms titled: “It’s OK to Not Be OK”*

Unless you keep bitterness from taking root in your heart,  
the poison of resentment will ruin a lot of people—especially you.

### 5 Lies We Believe When We Hold a Grudge:

*(...and the truths that correct them)*

**Lie #1: Time heals all wounds.**

*Truth #1: Unresolved resentment grows more toxic over time.*

**Lie #2: Those closest to us will hurt us the least.**

*Truth #2: Those closest to us can hurt us the most.*

**Lie #3: Innocent people never get hurt.**

*Truth #3: Innocent people always get hurt.*

**Lie #4: Revenge is sweet.**

*Truth #4: No, it’s not.*

**Lie #5: Withholding forgiveness punishes the guilty.**

*Truth #5: Withholding forgiveness punishes us.*

## 3 Keys to Keeping the Root of Bitterness Out of Your Heart:

### Key #1: Go to God Quickly

Turn to Him at the first hint of resentment (Psalm 55:1–8)

- » when anyone causes you pain (vs. 4–5)
- » when anyone keeps you from peace (vs. 6–8)

### Key #2: Go to God Candidly

Take to Him those who need to be judged (Psalm 55:9–15)

- » the harshest to others (vs. 11)
- » the closest to you (vs. 12–14, 20–21)

### Key #3: Go to God Constantly

Toss on Him anything that keeps frustrating you (Psalm 55:16–23)

- » having done everything you can do—  
including forgiveness (vs. 16–17)
- » trusting Him with everything else—  
including judgment (vs. 19, 22–23)

Has a root of bitterness been ruining you?