



**THE UNITED CHURCH OF ZAMBIA**  
**MISSION AND EVANGELISM DEPARTMENT**  
**TEMPERANCE SUNDAY SERMON OUTLINE**

**5<sup>TH</sup> SEPTEMBER, 2022**

**2022 THEME: ALL ONE IN CHRIST-JOHN 17:21**

**SUB-THEME: OVERCOMING BITTERNESS AND ANGER**

**BIBLE READNGS: EPHESIANS 4:31-32**

## **INTRODUCTION**

Bitterness and anger is the cause of destruction in the life of many people even though they are believers and the people who suffer from bitterness and anger always think that they do not deserve to be treated this way from others. We could not be aware of the bitterness residing in us until it bursts out causing hurt to others and to ourselves thus breaking friendships, relationships and families. Bitterness is the source of human destruction and unforgiveness leads to it. Unfortunately, many people suffer from this bitterness and anger, so we have to be aware and learn how to overcome it in order to live in harmony with others.

Therefore, in this year's Temperance Sunday we will reflect on the theme entitled: **OVERCOMING BITTERNESS AND ANGER**

## **WHAT IS BITTERNESS?**

Bitterness is a feeling of antagonism, hostility, or resentfulness. In other words, Bitterness is an internal pain we suffer from, resulting from the harm inflicted on us by others for an apparent reason.

## **What is Anger?**

It is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.

## **BIBLE EXPLANATION**

In the text read (Ephesians 4:31-32) Apostle Paul addresses the Christians in Ephesus on a valuable through a highly practical explanation of how to live a Christ-like life. He further, denotes that Christians are called on to “put away” the things which entangle unbelievers. This includes sins such as malice, slander, commotion and bitterness, instead we should demonstrate a Christ-like attitude of love and forgiveness as it can be seen in the concluding verse.

It is imperative to note that apostle Paul was addressing a community of faith he knew very well and that it was dominated by some people who were bitter and full of resentment towards each other having stayed there for more than two years, hence the phrase **“put away”**.

## **POINTS FOR REFLECTION**

### **1. EXAMINE YOURSELF.**

#### **How Can We Overcome Bitterness And Anger?**

When Apostle Paul mentions the word **“all”**, it means that we should not miss any of those things. The verse starts with “let all bitterness,” because when a person has bitterness, the result will be hatred, anger, shouting and rowing with all malice. Brothers and sisters in the lord, Bitterness is the result of big problems obsessing our minds and getting bigger every day to the extent that it will poison our emotions, memories and body. You might be unaware that its toxin prevails in your reactions towards others, thus **examine yourself**.

Further, in order for us to overcome the cancer of bitterness and anger we need to do a self-re-evaluation by recognizing the impact it is having in our lives and the people around us and evaluating if our views of the people or situation is accurate and worth our attention.

## 2. FORGIVE

Forgiveness is a conscious and deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed us, regardless of whether they actually deserve our forgiveness.

In the concluding verse, Paul urges the Ephesians ***to be compassionate*** with each other and ***forgive one another*** in order to overcome bitterness and resentment.

You might have been offended by your husband, wife, children, parents, friends or colleagues and certainly People might have hurt you with or without any reason and this generates a new spirit in you called the spirit of unforgiveness and hatred, which brings forth spirit of bitterness and anger, let go and forgive and let the healing process take its course.

God is aware of the intensity of our wounds, he is perfectly conscious of our painful situation, but He is not pleased with the spirit of unforgiveness in us.

God is faithful and merciful, He says “I forgive you, and you forgive others” Even when we have done a lot of wrongdoing, the Lord is still ready to forgive us. The Lord desires to heal our souls from every feeling of bitterness, he just needs our consent and our will to forgive others.

## CONCLUSION

To this end, for us to have a society or church free from bitterness or resentment or revenge towards one another we ought to embrace the spirit of self-evaluation and forgive one other. Where there is Bitterness and anger or resentment there can never be progress, where there is bitterness unity cannot take its course. Out of bitterness we may be tempted to make a wrong decision, which we may regret later.

In today's text, it is probable to note that Paul, understood very well what bitterness would lead to hence, the words to the Church in Ephesus. There is no good thing that bitterness can bring on the table other than revenge and resentment which may affect not just ourselves but others too and the generation to come, think about tomorrow and strive for love.

***MAY THE GOOD LORD BLESS YOU!***

**THE MISSION AND EVANGELISM DEPARTMENT WOULD LIKE TO  
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