



## **Bitterness Journal with Saint, Sufferer, Sinner**

**Directions: Answer these journal questions about how you view YOURSELF:**

### **1. Saint: How is God using this situation?**

- How is God using this situation to grow you in personal holiness?
- How is God using this situation to make you draw closer to him?
- The two greatest commands lead to two great questions: how are you loving God and your neighbor?
- How are you experiencing the love of God even in the midst of the hurt you feel?

### **2. Sufferer: How are you experiencing brokenness in this situation?**

- How have you been hurt emotionally?
- How are you suffering physically?
- What losses do you need to grieve?
- What injustice do you need to allow to anger you?
- How are people you love affected by the hurt this person has caused?

### **3. Sinner: What is the Holy Spirit putting his finger on in your heart to repent of?**

- What thoughts toward the other person have been bitter, judgmental, or harsh?
- What behaviors have been unloving?
- What language has been dishonoring, shaming or hurtful?
- What attitudes towards God or other people have been cold, dishonoring, or judgmental?

**Directions: Answer these questions about how you view the PERSON WHO HAS OFFENDED YOU.**

**1. Saint: How is God using this situation ?**

- How is God using this situation to grow the other person in holiness? If you can't see the evidence, stop and pray for it.
- How is God using this situation to make the other person draw closer to Him? If you can't see the evidence, stop and pray for it.
- The two greatest commands lead to two great questions: how is he/she loving God and his/her neighbor?
- Ask the Lord to allow the other person to experience the love of God even in the midst of the hurt they caused

**2. Sufferer: How has the other person experienced brokenness?**

- How has he/she been hurt emotionally?
- How has he/she suffered physically?
- How has he/she suffered spiritually?
- What losses can you ask the Spirit to comfort them in?
- What injustices can you ask the Spirit to avenge for them?
- How are people they love affected by the hurt this person has caused?

**3. Sinner: Ask the Holy Spirit to put His finger on his/her heart in areas that need repentance:**

- Thoughts
- Behaviors
- Language
- Attitudes