

BITTER HEARTS & BROKEN HEALTH

- Johns Hopkins Med reports chronic _____ & _____ keep your body locked in _____.
- ...raised _____, harms _____, increases _____, & elevates the risk of _____.
- A national survey found that _____% of Americans say they need more forgiveness in their lives.

“The Lord was _____.” Genesis 39:2, 21, 23

Bitterness says,

Gratitude says,

God didn’t write the _____, but God can rewrite the _____.

The Gratitude Gameplan: 1.

2.

3.

6 Scriptures to turn from bitter to better.

Genesis 50:20 “You intended to harm me, but God intended it for good...”

 **Goal:** Ask God to show you where He is already turning harm into healing.

Genesis 39:2 “The Lord was with Joseph, and he prospered...”

 **Goal:** Look for signs of God’s presence in your hardest season.

Romans 8:28 “In all things God works for the good of those who love Him...”

 **Goal:** Trust that God is working even when you can’t see it yet.

Hebrews 12:15 “See to it that no bitter root grows up...”

 **Goal:** Identify the root of bitterness and surrender it to God this week.

Ephesians 4:31–32 “Get rid of all bitterness... Be kind and compassionate... forgiving each other...”

 **Goal:** Practice one act of forgiveness this week, even if it’s small.

1 Thessalonians 5:18 “Give thanks in all circumstances...”

 **Goal:** Start each morning with one specific thing you’re grateful for.

Mission: Help people FIND & FOLLOW Jesus Christ.

Baptism Sunday

We are baptizing at the end of service. Stay and celebrate!

Ready to take your next step with Jesus?

Learn about Baptism



CHRISTMAS PARTY!!!

El Norte Fajitas!
Fun Games
Great Hangout vibes

**Fri
Dec 5
7pm
@church**



**IMPORTANT!
RSVP**

Get your free Christmas Reset and make this season meaningful again.

25 promises for Christmas!



LOOK

Your giving purchased **SOLAR PANELS** in Cuba!



GIVE ONLINE with CashApp



\$redemptionplano