

## Small Ministry Groups

### Session 21: Bitterness

#### OPENING WORDS:

##### *A Poison Tree*

I was angry with my friend:

I told my wrath, my wrath did end.

I was angry with my foe:

I told it not, my wrat did grow.

And I watered it in fears

Night and morning with my tears

And I sunned it with smiles,

And with soft deceitful wiles.

And it grew both day and night

Till it bore an apple bright,

And my foe beheld its shine,

And he knew that it was mine—

And into my garden stole

When the night had veiled the pole;

In the morning, glad, I see

My foe outstretched beneath the tree.

#### CHECK IN/SHARING

- Current state of physical or spiritual health
- Joys or concerns about loved ones
- Concerns/excitement about what is happening in our lives

## **REVIEW COVENANT**

**TOPIC/ACTIVITY:** As we grow older, our losses accumulate, and can sometimes be difficult to accept. Many of the dreams of our youth will never come to be. Regrets, missed opportunities, roads not take: all begin to pile up. Or perhaps someone hurt us, and we hold a grudge. Some of us may slip into bitterness, become hard and unforgiving—angry at a cruel world. Others will let go and find the grace to accept, forgive and find joy amid the hurts and losses of the past.

1. Describe a significant time in your life when you faced the possibility of sliding into bitterness. What was your choice? How did you make that choice? What influenced you, what did you find within yourself to step in one direction or the other? What has this meant to your life?
2. Is there bitterness that you carry with you now? What would it take for you to let it go and move on?

## **CHECK OUT**

What did you like about this meeting? What do you wish had been different?

## **CLOSING WORDS**

Life is an opportunity, benefit from it. Life is beauty, admire it. Life is bliss, taste it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Life is an adventure, dare it. Life is luck, make it. Life is precious, do not destroy it. Life is life, fight for it. Mother Theresa