PASTOR

CHARMAINE CHEONG

the DARKNESS WITHIN



JEALOUSY



JEALOUSY

PRIDE



JEALOUSY

PRIDE

LONELINESS



JEALOUSY
PRIDE
LONELINESS
SHAME



BITTERNESS



Bitterness is unresolved, unforgiven anger and resentment. It happens when we hold on to our hurts, allowing them to grow in our hearts and dictate our lives.

Luke 17:1 (NKJV)

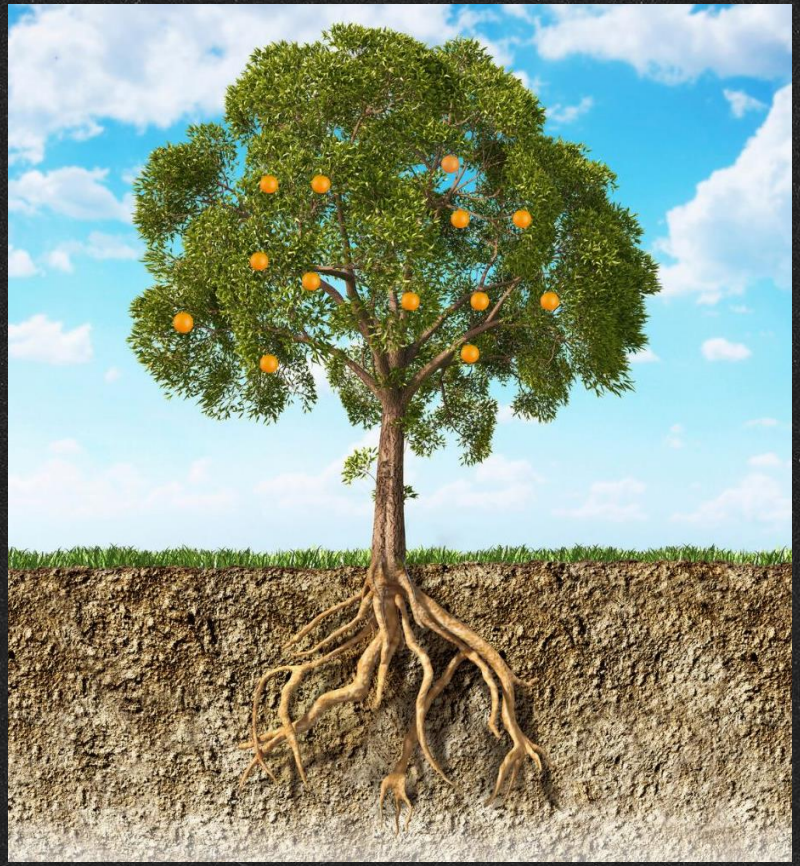
1 Then He said to the disciples, “It is impossible that no offenses should come…

Hebrews 12:15 (NLT)

15 … Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.







An environment for bitterness to develop:



An environment for bitterness to develop:

- We repeat the matter to ourselves.

An environment for bitterness to develop:

- We repeat the matter to ourselves.
- We repeat the matter to the person who hurt us.

An environment for bitterness to develop:

- We repeat the matter to ourselves.
- We repeat the matter to the person who hurt us.
- We repeat the matter to the people around us.



- Fruits of Anger



- Fruits of Anger
- Fruits of Resentment



- Fruits of Anger
- Fruits of Resentment
- Fruits of Revenge



- Fruits of Anger
- Fruits of Resentment
- Fruits of Revenge
- Fruits of Cynicism

- Fruits of Anger
- Fruits of Resentment
- Fruits of Revenge
- Fruits of Cynicism
- Fruits of Ungratefulness

Hebrews 12:15 (NLT)

15 … Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Ephesians 4:31 (NIV)

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Hebrews 12:1-2 (NIV)

[1] … And let us run with perseverance the race marked out for us, [2] fixing our eyes on Jesus, the pioneer and perfecter of faith.

Hebrews 12:14-15 (NLT)

14 Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. 15 Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

We cannot control what people do to us but we can control what we allow to grow in our hearts.



John 10:10 (NLT)

10 The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

How can we cultivate a heart
that makes life better?



BRING OUR HURTS TO GOD



1 Peter 5:7 (NIV)

7 Cast all your anxiety on him because he cares for you.

Psalm 34:17-18 (NIV)

17 The righteous cry out, and the Lord hears
them; he delivers them from all their
troubles. 18 The Lord is close to the
brokenhearted and saves those who are
crushed in spirit.

Proverbs 17:9 (NIV)

9 Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends.

Hebrews 12:15 (NLT)

15 … Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Go-Jek driver has meltdown after intense S$7 dispute with passenger

Stressful.

Jonathan Lim | March 30, 2019, 11:41 AM



Source: mothership.sg

Hebrews 12:14 (NLT)

14 Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord.

Philippians 4:6-7 (NIV)

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Romans 12:19 (NIV)

19 Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.

Exodus 14:14 (NIV)

14 The Lord will fight for you; you need only to be still.”



How can we cultivate a heart
that makes life better?



BRING OUR HURTS TO GOD



FORGIVE THOSE WHO HURT US



Ephesians 4:31-32 (NIV)

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Romans 3:23 (NIV)

23 for all have sinned and fall short of the glory of God,

Romans 5:8 (NIV)

8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Hebrews 12:15 (NLT)

15 Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Misconceptions about forgiveness:



Misconceptions about forgiveness:

1. Forgiveness is an option



Matthew 6:9-13 (NIV)

9 “This, then, is how you should pray: “‘Our Father in heaven, hallowed be your name,
10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 **And forgive us our debts, as we also have forgiven our debtors.** 13 And lead us not into temptation, but deliver us from the evil one.’

Matthew 6:14-15 (NIV)

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

Misconceptions about forgiveness:

1. Forgiveness is an option
2. Forgiveness is a feeling



Colossians 3:13 (NLT)

13 Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Misconceptions about forgiveness:

1. Forgiveness is an option
2. Forgiveness is a feeling
3. Forgiveness is a one-time event



Matthew 18:21-22 (NIV)

21 Then Peter came to Jesus and asked,
“Lord, how many times shall I forgive my
brother or sister who sins against me? Up
to seven times?” 22 Jesus answered, “I tell
you, not seven times, but seventy-seven
times.

Misconceptions about forgiveness:

1. Forgiveness is an option
2. Forgiveness is a feeling
3. Forgiveness is a one-time event
4. Forgiveness is forgetting



Hebrews 10:23 (NIV)

23 Let us hold unswervingly to the hope we profess, for he who promised is faithful.

Misconceptions about forgiveness:

1. Forgiveness is an option
2. Forgiveness is a feeling
3. Forgiveness is a one-time event
4. Forgiveness is forgetting
5. Forgiveness is excusing wrongdoing

Romans 12:19-20 (NLT)

19 Dear friends, never take revenge. Leave
that to the righteous anger of God. For the
Scriptures say, “I will take revenge; I will
pay them back,” says the Lord. 20 Instead,
“If your enemies are hungry, feed them. If
they are thirsty, give them something to
drink...

The person who hurt you is also God’s beloved.



1. Forgiveness is not an option but a command by God



1. Forgiveness is not an option but a command by God
2. Forgiveness is not a feeling but a decision



1. Forgiveness is not an option but a command by God
2. Forgiveness is not a feeling but a decision
3. Forgiveness is not a one-time event but an ongoing process



1. Forgiveness is not an option but a command by God
2. Forgiveness is not a feeling but a decision
3. Forgiveness is not a one-time event but an ongoing process
4. Forgiveness is not forgetting what has been done but focusing on what God is doing



1. Forgiveness is not an option but a command by God
2. Forgiveness is not a feeling but a decision
3. Forgiveness is not a one-time event but an ongoing process
4. Forgiveness is not forgetting what has been done but focusing on what God is doing
5. Forgiveness is not excusing wrongdoing but extending God's grace to them



Luke 17:1 (NKJV)

[1] Then He said to the disciples, “It is impossible that no offenses should come…

Offenses: Skandalon (Greek word)

Snare, trap or stumbling block – anything that lures, trips up, or entices a person into sin, spiritual ruin or bitterness.



Source: naturalinsectcontrol.com

Bitterness traps us in yesterday's hurts.
Forgiveness gives us the freedom
to move forward.





Source: saltandlight.sg



Source: saltandlight.sg

I felt the sentence was unfair and that he should get his rightful punishment. So I also felt guilty of thinking that way, that as a Christian I should not be wishing him that. Does that mean I have not truly forgiven him? Why was I still so affected?

HAN HONGLI



Move forward and
don’t let resentment take root.

HAN HONGLI



In my journey, I have learnt that the extent to which I am willing to forgive is directly related to the grace I receive from God. In forgiving, we learn to be more like Christ, who forgave my sins many times over on the Cross.

HAN HONGLI



Choosing to forgive sets us on the path of healing and restoration so that we can enjoy the abundant life that Jesus has promised for us. Remember that we are not alone. Surrender all of it to Him, and He is always with us and will also send many others to help us along the way.

HAN HONGLI



How can we cultivate a heart that makes life better?



How can we cultivate a heart that makes life better?

BRING OUR HURTS TO GOD



How can we cultivate a heart that makes life better?

BRING OUR HURTS TO GOD

FORGIVE THOSE WHO HURT US





Our lives get better when we
let God’s love grow in our hearts.



Romans 6:23 (NIV)

[23] For the wages of sin is death…



John 3:16-17 (NIV)

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.
17 For God did not send his Son into the world to condemn the world, but to save the world through him.

Isaiah 53:5 (NLT)

5 But he was pierced for our rebellion,
crushed for our sins. He was beaten so we
could be whole. He was whipped so we
could be healed.

the DARKNESS WITHIN

