



A Bitter Heart

Proverbs 4:23 (ESV) - Keep your heart with all vigilance, for from it flow the springs of life.

Proverbs 4:23 (NIV) - Above all else, guard your heart, for everything you do flows from it.

Hebrews 12:15 (ESV) - See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled;

A root of bitterness is born from the _____
_____.

You can't control _____,
but you can control _____.

Hebrews 12:15 (ESV) - See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled;

Romans 12:19 (ESV) - Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."

Ephesians 4:31-32 (ESV) - Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

- _____

Father, I choose to forgive _____ for
_____ because it made me
feel _____.

Prayer: Lord Jesus, I choose not to hold on to my resentment. I relinquish my right to seek revenge and ask you to heal my damaged emotions. Thank you for setting me free from the bondage of my bitterness. I now ask you to bless those who have hurt me. In Jesus' name I pray, amen.

Info Guide

Welcome

We're glad you're here! This Info Guide will help you learn how to get connected at Manna and share what is available to you at the service today. We hope you feel at home and enjoy your time with us.

What to Expect

During today's worship experience, you can expect about a 70-minute service. It will begin with approximately 20-25 minutes of worship, then a brief time of announcements, followed by a 35-minute biblical and practical message delivered by our Pastor, and we will conclude our time together with another short time of worship.

Pizza With the Pastor

If you want to learn what Manna Church is passionate about, where we are going, and how you can be a part of this adventure, then NextStep is for you. It is a 4-week small group that meets the first four Sundays of every month. Childcare is provided and you can learn the times and locations at the info center in the lobby. We would love for you to take this step!

CONNECTION CARD

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—we just want to thank you for joining us today and to let you know what is available to you here at Manna.

Small Groups

Manna Church is not a church with small groups, we are a small groups church. On Sundays, we gather corporately to be inspired by the presence and Word of God. However, friendships, discipleship, and growth primarily happen in the context of a small group

Manna Kids

We promise a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through Kindergarten and the Elementary experience is for children in 1st through 5th grade. We would love to have your child join us!

Manna Students

If you are in 6th to 12th grade, come join Manna Students on Wednesday from 6 p.m. to 8 p.m. at the Manna Church Offices! We meet every week during the small group cycle for games, worship, biblical teachings, and small groups! We hope you will join us!

FREE GIFT

If it is your first time with us, we have a gift available for you in the lobby at the end of service. We simply want to give you a gift to thank you for being with us today!