

BITTERNESS

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Scriptures:

Hebrew 12:14/15

Mark 11:25

Ephesian 1:7

Ephesians 4:31-32

Ephesians 4:31/32

Mathew 18:21-22,28

I Corinthians 13:4-6

When you are offended, hurt, let down, or disappointed by others and have an unforgiving heart, a critical spirit bitterness can creep in. so what then is bitterness.

WHAT THEN IS BITTERNESS?

Bitterness is feelings of resentment, anger and disappointment at being treated unfairly and unjustly.

HOW DOES BITTERNESS AFFECT OUR RELATIONSHIP WITH OTHERS?

This can cause us to judge others, be resentful and angry towards others. Bitterness can destroy our relationships with others.

HOW DOES BITTERNESS AFFECT OUR RELATIONSHIP WITH GOD?

Being bitter can take away our focus away from God, our joy and peace which we receive from God. Bitterness can cause us not to forgive others.

WHAT CAN YOU DO WHEN YOU FEEL BITTER?

Admit you feel bitter, ask God to forgive you, acknowledge the hurt, pain and anguish. Let the feelings go and change your expectations. Opening our hearts to God, especially after being hurt takes courage. In Hebrews 12: 15 we read about no root of bitterness shall spring up but that it may be stopped before it has taken root

WHAT CAN WE AS CHRISTIANS DO TO HELP PREVENT BITTERNESS?

Ephesians 4:31 says get rid of all bitterness and rage. Be kind and tender-hearted, compassionate to one another, just as in Christ God forgave you. Ask God to forgive us for being bitter and resentful. Forgiving others and forgiving ourselves leads to Gods peace, joy and love and can set us free.

Ask for God's Grace and reading scripture enables us to find the strength to feel free from bitterness. In Mathew 6:14 we read if you forgive others

the wrongs they have done to you, your Father in heaven will also forgive you. And the Bible says forgive one another 70 times 7 (Mathew 18:22). Know that God is bigger than the bitterness that we may be feeling

PRAYER

Lord when we feel bitter towards others or life in general, please enable us to open our hearts to You, God. Just as You, God forgive us, please fill us with Your grace and mercy to forgive others. In Jesus Name, Amen.