



August 25th, 2013

Defeating Bitterness

Hebrews 12:15

It is impossible to go through life and never be wounded. I'm not referring to visible physical wounds, but the hidden wounds all of us carry in our hearts. One of those hidden wounds to which I am referring is bitterness.

Bitterness is the obsessive sorrow in your spirit that occurs when someone has deeply hurt or disappointed you.

Memories never really die; they must be replaced with new memories.

Bitterness is an obsessive sorrow in your spirit that occurs when someone has deeply hurt or disappointed you. Bitterness makes you a slave to a painful memory.

If you have a bitterness problem, then it's most likely the root of a spirit of ingratitude.

10 Effects of Bitterness:

1. Bitterness will affect your relationship with the Holy Spirit.
2. Bitterness distorts your understanding of your friends and family.
3. Bitterness will block God's blessings in your life.
4. Bitterness reproduces itself into other deadly sins.
5. Bitterness can cause you to become a stumbling block to others.
6. Bitterness can divide a church.
7. Bitterness can ignite a generational curse into your own children.
 - Parents are the very seeds sown into the lives of their children.
8. Bitterness can ultimately damn you to an eternal hell.
9. Bitterness numbs your ability to feel God's presence.
10. Bitterness destroys your future.

10 Keys to Overcoming Bitterness:

1. Admit that the bitterness in your heart is sin.
2. Admit your own mistakes.
3. Admit that bitterness is robbing you of your joy.
4. Stop discussing your pain with those who cannot dissolve it.
 - Stop discussing your bitterness with those who cannot help you to resolve it. When you rehearse your bitterness you perpetuate it. Stop discussing what you want others to forget.
5. Stay connected to Godly friends.
6. Meditate on scripture concerning the goodness of God.
 - Life will always move in the direction of your most dominate thought.
7. Stop looking at where you have been and start looking at where you can be.
8. Plan intentional time with God every day...preferably the mornings.
 - What enters you determines what exits you.
9. Pray for those who have offended you.
10. Ask the Holy Spirit to reveal any hidden sin in your heart.

Prayer of confession:

“Holy Spirit, please forgive me for the seeds of bitterness I have allowed to grow within me. Today, I reject self-pity; jealousy and command in Jesus name the spirit of disappointment and sorrow to leave my life. I choose to walk out of this prison of pain...and move toward my victory. I choose to overcome, I choose to refocus, and I choose my future. In Jesus name, Amen!”