

BITTERNESS/ DISAPPOINTMENT AND RESENTMENT

Bitterness affects every area of our lives.

Many Christians don't realize they have bitterness or that it affects them.

Many often seek to cover/deny bitterness or justify it, without understanding how it affects them.

Prov. 14:10 "The heart knoweth his own bitterness:..

We can't control what comes to us but many times as a result of wrongs done to us we become bitter and locked emotionally.

Bitterness involves:

Our memories of how others have hurt us.

Our attitudes toward others because of what they have done to us.

Our feelings of pain locked inside because of hurts and emotional damage others have caused us. As a result of memories, attitudes and pain, emotionally we lock up.

95% of Christians have not resolved their bitterness.

We just can't say. "Lord, I just forgive my dad for hurting me" That is obedient and intellectual, but it doesn't solve anybody's pain; it doesn't heal anybody's heart.

When one carries pain, frustration and anger, they spiral down to depression. A failure to confess bitterness will lead to greater and more serious sins.

EPHESIANS 4:31, 32 "Get rid of all bitterness, rage and anger, brawling and slander; along with every form of malice"

2 biblical consequences to bitterness:

(by John Regier)

1. Bitterness -----Rath-----Clamar-----Evil speaking-----Malace.

2. Bitterness-----Resentment-----Anger-----Depression-----Despair-----Suicidal thoughts.

Minirth Meiers "100% of people hospitalized for depression are there because of unresolved anger."

When one lets anger churn in one's heart it spirals down to depression and if one can't stop it it spirals down to hospitalization.

Heb 12:15. "See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many."

A failure to confess bitterness brings defilement to other believers, and it causes others to fail, or be left behind. In other words, our bitterness affects others.

What are evidences of unresolved bitterness.

1. Critical attitude of others.
2. Insensitivity to others and emotional detachment
3. Ungrateful for what others do
4. Revengeful or try to get even
5. Trouble trusting people
6. Depression
7. Anger

Some people can't see their bitterness but show them this list and many will see they have at least 3-4 of them.

3 ways to respond to anger.

1. Blow up-----damage others, -----result: guilt and destroyed relationships
2. Clam up-----damage ourselves-----result: rejection and or depression
3. OR: Forgive-----release others-----result: freedom

Solution to anger

Find the cause, dig till you find it.

So, the solution is to find the cause.

There are worksheets for Bitterness; from **childhood**, toward **others**, toward **God**, toward **self** and toward **your spouse**, as well as steps to resolving the **pain we have caused** our spouse.

Sometimes during the working in these issues one can identify the age of the pain by the way one cries. Our age may be in the mature zone but our emotions belie our emotional age in r/t pain.

What is Forgiveness?

Forgiveness is costly!

1 Peter 2:24 "He himself bore our sins, ..."

Rom 5:6 "When we were powerless, Christ died for the ungodly."

It's Substitutional

2 Kinds of Sins:

Those we can repay.

Those that no amount of money will heal the damage; one person accepting responsibility for others failure.

Example: "Lord, I acknowledge and renounce the abuse that name of person perpetrated against me and ask You to break the stronghold in my life. I ask You, Lord Jesus, to take back the ground given to the enemy through the abuse and I yield that ground to Your control.

Lord, I choose to forgive name of person for areas listed on the worksheet causing me to feel descriptions of the pain . I am willing to pay the emotional pain and consequences that name of person has caused me."

4 steps to Forgiveness:

1. Release the person who has hurt you: not hold sin against them anymore.
2. Pay the emotional pain they have caused by releasing them of every thing they have done to us. (List the feelings)
3. Release the pain within yourself. (every person has pain who has bitterness, give it to Jesus or to your spouse Ask Jesus what to do with the pain.)
4. Allow Jesus to heal the pain within. (many times the next day we can't find the pain, they have a sad memory but the pain is gone.)

How does Jesus want us to respond to those who have hurt us?

Eph 4:2 "with all lowliness and meekness, with longsuffering, forbearing one another in love;"

The thought that **God isn't messed up in heaven because of my sin or my spouses sin**, makes it easier to be forbearing to one another.