

Restoring Hearts, Transforming Lives



Overcoming Bitterness

“Pursue peace with all people, and holiness, without which no one will see the Lord; looking carefully lest anyone fall short of the grace of God, lest any root of bitterness springing up cause trouble, and by this many become defiled;” (Hebrews 12:14-15 NKJV).

Bitterness affects most greatly the one who holds it. It is an indication of extreme wickedness and gall. It is evil speaking or evil feelings held against another. The root word actually means “to cut or to prick, literally, sharp or pointed.” Bitterness is poison and it does defile. It often stems from being hurt or wounded in some way, and therefore the offended party holds another accountable for a wrong. Bitterness is the result of refusal to forgive, thus emotions turn into hatred, rage, or potentially a violent nature. Frequently the embittered has an inward desire or need to retaliate. It can affect the physical body and it also grieves the Holy Spirit. It is a tool that Satan frequently uses to defile those who will walk in agreement with it. It will destroy the one held captive by it.

1. Bitterness defiles you.
2. Bitterness makes you feel heavy, angry and unhappy.
3. You can give it up.
4. It is a choice.

Steps to Overcome Bitterness

1. Ask God to help you.
2. Bless those who persecute you. Romans 12:14-19
3. Do not repay evil with evil. Romans 12:14-19
4. Trust God to deal with wrongdoing of others I Peter 2:23
5. Make every effort to live in peace with everyone. Hebrews 12:14-15
6. Forgive others so that your heavenly Father may forgive you. Matthew 6:14-15
7. Thank God now for your freedom!

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Ephesians 4:31, 32).

Pray this Prayer

Father, I acknowledge that I've held resentment and bitterness against _____. I confess this as sin and ask you to forgive me. I forgive _____. Remind me, Lord, to not hold any more resentment, but rather to love this person. Father, I ask you to also forgive _____. Thank you for hearing and answering my prayer. In Jesus' name I pray, Amen.