



One of the most vicious attacks from the enemy the body of Christ is facing today is Bitterness. Many of us are not aware of the destruction that it brings, and how to overcome it.

As my treasured friend and partner I have prepared this teaching especially for you, so you can be ready to overcome the enemy in this area.

Bitterness can totally destroy a person from the inside out. It steals the Joy and peace that the Lord gives. If allowed for a long period of time, it can change your countenance, looks, physical health and every blessing that God has for you. It is like a cancer to your soul. It can also keep us from being effective in ministry, cripples ministries and takes away spiritual power. It binds up leaders and people and can rob us of our most important blessing – Heaven and everlasting life.

- **Bitter and sweet water**

(James 3:11) says, "Can a fountain spring out at the same place sweet water and bitter." Our hearts cannot handle both sweet and bitter waters at the same time. One will repel the other.

- **How bitterness enters our heart**

First it comes by being hurt by a person or an experience or a loss. Hurt turns into resentment and unforgiveness. If not dealt with it quickly turns to anger. Anger if not dealt with turns to bitterness and bitterness defiles us.

- **Bitterness causes trouble and defiles us**

"Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble and thereby many be defiled." (Hebrew 12:15)

- It Blocks out the grace of God.
All what God gives us and does through us is because of His grace. As a result the power of God, His anointing, and blessings stops flowing into our lives. It cripples ministries and binds up people.
- A root is hidden underground and so is bitterness.
It goes unnoticed. Also many diseases today like cancer, tumors, cists etc have roots in them. I truly believe that this is one of the reasons why many Christians cannot receive healing.
- Causes trouble and defiles us.
Trouble in marriages, homes, work and defiles our body with diseases like arthritis etc. Today even medical science proves that 70% of human diseases and 90% of all mental, emotional and psychological problems are the result of bitterness, resentment and unforgiveness.
- IT IS NOT WORTH THE PRICE TO PAY TO STAY IN BITTERNESS.

- **Bitterness steals your salvation**

"For if you forgive men their sins, your heavenly Father will forgive you: But if you do not forgive men their sins, neither will your Father forgive your sins." (Matthew 6:14-15)

When God doesn't forgive us our sins then we have lost heaven and everlasting life. That's why our Lord was our example. He forgave on the cross, at a time when He was hurting the most.

- **The unforgiving servant**

(Matthew 18:32-35), records one of the most profound teachings of our Lord.

- God forgave a multi-million dollar debt of the wicked servant. (vs.26). This shows our Father's loving heart towards our burden of debt, guilt and sin.
- The wicked servant chose not to forgive a debt that was incomparable to his debt (about 3-4 months labor - vs.28).
- Given over to the tormentors. People who do not forgive are tormented by evil spirits mentally, emotionally and psychologically. Thoughts of shame, fear and insomnia (cannot

sleep).

- He was put into prison to repay his debt. A prison talks about being confined to a bed of sickness, or loss of family job, happiness etc. He has to pay for his sins which Jesus died for, because he chose to. It is not worth it!

• **The place of Bitter waters**

"And when they came to Marah, they could not drink of the waters of Marah, for they were bitter..... (Exodus 15:23).

- Each and every one of us will pass through this experience of bitterness. It is how we pass the test determines our success in our walk with the Lord.
- God doesn't want us to stay here. The waters here were stagnant, poisonous, useless and dangerous. God doesn't want our lives to be stagnant, poisonous, useless or dangerous.
- Bitter parents can pass this on to their children. A bitter Pastor to his congregation.

• **The place of God's blessing**

(Exodus 15:27) "And they came to Elim, where were twelve wells of water, and seventy palm trees: and they camped there by the waters"

- Elim in the Greek means Oasis, a place of God's abundant blessings and provision.
- 12 Wells talk of refreshing, blessing, abundance, provision, healing, anointing, salvation (bringing others to Jesus)
- 70 palm trees talk of strength and fruitfulness.
- Let us move on to Elim, and camp there, the place God has for us and not wait at the bitter waters. Before God's blessings come into our lives we will face bitter experiences, but lets move on to what God has in store for us.

• **Four common areas of bitterness**

Bitterness towards:

- members of family
- others,
- God and
- our own self

• **How to move out of bitter waters**

- Forgive as Christ forgave. *(Matthew 5:44)* Pray and ask the Lord for His ability and strength to forgive. Our Lord's four point plan for forgiveness.
 - Love your enemies *(1 Cor 13)*
 - Bless those who curse you.
 - Do good to those who spitefully use you.
 - Pray for them (Salvation, healing & deliverance)
- A real picture of forgiveness
How Joseph forgave his brothers *(Genesis 45)*
 - He protected their reputation *(45:1)*
 - He kept no distance between them *(45:4)*
 - He did not want his brothers to suffer emotionally for what they did to him *(45:5)*
 - He saw God's hand in all that happened. *(45:5)*

May the Lord bless you and help you move out of your bitter experiences to the abundant blessings that God has for you.