

Bitter Busters

# BITTER BUSTERS

How Choosing Forgiveness Can Set You Free From Becoming  
Bitter Against Family, Friends, Career, Church and God

Dr. Denny Bates

DR. DENNY BATES





**\*\*\*NOTE TO MY READERS!\*\*\***

Thank you for reviewing this sample of Bitter Busters. I'm including all of the introductory material as well as the entire first chapter as well as the Epilogue to the other useful resources like The Bitter Busters Toolbox and Subject and Scripture indexes.

After you have had time to read through it I'd be honored to have you share a brief testimonial about Bitter Busters (You may refer to Kim's example on page 136 to guide you.) Please send your review to my email at [dennybates@gmail.com](mailto:dennybates@gmail.com)

## ***“Bitter Busters”***

*How Choosing Forgiveness Can Set You Free From  
Becoming Bitter Against Family, Friends, Career, Church and God*

*Eleven Transforming Ways You Can Forgive And Cancel The Debt  
And Live In Freedom*

Dr. Denny Bates

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**SOMETHING***new*



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*There are far, far better things ahead than  
any we leave behind. ~ C.S. Lewis*

*You know it's going to be a really good day when you  
realize GIVING GRACE and forgiving others is only  
possible because you've been GIVEN GRACE and have  
been forGIVEN too.*

*#ReallyGoodDay4U*

*Make allowance for each other's faults, and forgive  
anyone who offends you. Remember, the Lord forgave you, so  
you must forgive others.*

*Colossians 3:13 (NLT)*

*"Then Peter came to him and asked, "Lord, how often  
should I forgive someone who sins against me? Seven times?"*

*"No, not seven times," Jesus replied, "but seventy times  
seven!" Matthew 18:21-22 (NLT)*

A Bitter Buster is . . .

a *decisive decision*

to *appropriate*

the *dynamic power*

of *love* and *forgiveness*

when the *natural urge* is to become bitter.

*"Then Peter came to him and asked, 'Lord, how often should I forgive someone who sins against me? Seven times?' 'No, not seven times,' Jesus replied, 'but seventy times seven! 'Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn't pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt. 'But the man fell down before his master and begged him, 'Please, be patient with me, and I will pay it all.' Then his master was filled with pity for him, and he released him and forgave his debt. 'But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. A denarius was equivalent to a laborer's full day's wage. He grabbed him by the throat and demanded instant payment. 'His fellow servant fell down before him and begged for a little more time. 'Be patient with me, and I will pay it,' he pleaded. But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full. 'When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' Then the angry king sent the man to prison to be tortured until he had paid his entire debt. 'That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.'" **Matthew 18:21-35 (NLT)***

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## Dedication

It has been my pleasure over the course of my lifetime to know many incredible people who have shown me a side of life that has made me personally much richer. I've been given the honor of being invited into the lives of two people where I've seen for myself incredible strength and courage in the face of impossible life circumstances. I call them trophies of grace, because they are. It was Ernest Hemingway who claimed that "Courage is grace under pressure." If you knew their full stories, you would be a witness that instead of letting fear consume them, God gave both of them the gift of His courage.

I am dedicating this book to these two individuals who are some of the most courageous people I know. Both of them have experienced grace under pressure. And because of grace, they have become masters of forgiveness by using Bitter Busters. In a variety of ways, personal adversity came rushing towards them with a vicious agenda with the goal of, at best, making them irrelevant, at worst, devastated beyond repair. But not with these two. They are women of great faith and courage.

Who are these amazing individuals? One of them is my sister, of my own flesh and blood as well as my spiritual sister too. Tamara Bates Rhodes has a deep devotion to her family, to prayer, and to God's Word. She inspires me to become an even better version of myself. Her greatest gift to me is her devoted love. When it seemed like everything in my life years ago was falling apart, she was my safe harbor. Tamara has proven to be one of my greatest champions and personal protector of me.

The second amazing individual I want to dedicate this book to has become a recent friend to me. Our paths crossed when I was in



desperate need of encouragement personally, professionally, and spiritually. She is one of the kindest people I know and has a deep and growing hunger for the Word. I have found few who are greater servants than Leigh Ann Evans Wheeler, my cherished friend and sister in the Lord. She came into my life with laser-like focus. It was her constant encouragement that finally gave birth to Something New Ministries and The Quality Disciple. It had been in my heart and mind for years to make it a reality. I was just about ready to give up and throw in the towel to my dream of ministry. Then, there was a shift. Leigh Ann not only said outloud what was in my heart but gave her support as well.

With gratitude, I dedicate Bitter Busters to you, Tamara and Leigh Ann. Both of you have made me much sharper and I am forever grateful.

Dr. Denny Bates

April 2021

'As iron sharpens iron, so a friend sharpens a friend.'

**Proverbs 27:17 (NLT)**

“To get the full value of joy you must have  
someone to divide it with.”

~ Mark Twain ~

## Acknowledgements

My books are so much better because of those who willingly volunteer their time to read through the sample proof and make sure, first and foremost, that the contents speak to the heart first and then to the mind. They are also people of good grammar and watch out for those pesky typos that get by me, but not them. I am grateful to Leigh Ann Wheeler, Bryan Braddock, Amy Watts, Reeves Cannon\*, Dick Brown, Tamara Rhodes, Lisa Ray, Traci McCombs, Amy Clark, Ron Lyles, Wick Jackson, Patty Smith, Leslie Rutten, Laura Harris, Sandy Richardson, Carol Mabe, Kirby King, Kimberly Eaker, Kim Lanier, and Jessica Hayes.

\*Special Mention: Reeves Cannon, the gifted clinician who wrote my foreword, has been my sounding board over the years for keeping me sound as I experienced every opportunity to use a Bitter Buster. He not only heard my heart, but he gave me the grace to write the kind of book that will be a benefit to everyone who wants to become a master of forgiveness.

*'Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.'*

***Philippians 1:3-6 (NLT)***

## Preface

The idea for this book began in 2015, but in reality, I've been gathering content for Bitter Busters for most of my adult life. And it's been true with me, and perhaps true with you too, that I've been given an endless supply of life circumstances that have pulled and seduced me to the edge of the abyss of the dark side of bitterness. And yet, by the mercy and grace of God, He has always provided a way of escape.

For years I've struggled with this significant question: "Lord when will I have enough life experiences to write and then publish a book about bitterness? When will it be the right time? I want to write it from a position of strength and not weakness." Then, this dawned on me:

*'Three different times I begged the Lord to take it away. Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.'* **2 Corinthians 12:8-10 (NLT)**

That settled it for me! In humility before the Lord and before you, I am writing on a painful and complicated topic. Not every relationship at the time of this writing is restored, though I wish it were. Honestly, there are some occasions where a painful memory of a previous hurt rises up reminding me, once again, that the Christian experience and Biblical forgiveness is a process. I assure you I am no

authority on bitterness. But I do have a story to tell. I do have a good grasp on the biblical antidote for bitterness, a lethal cancer of the soul. And I am convinced that in spite of my “thorn in the flesh,” God has graciously used my weakness and will use it to be a blessing to you. In reality, for all those who are broken and weak, we are trophies of His grace.

## Foreword

It is often said that the top three causes of divorce are due to sexual infidelity, financial disagreements and in-law issues. While these topics are certainly the cause of much strife in marriage, I have often said, it is not these issues that cause divorce, but it is the inability for the couple to *communicate* about these issues—and others like these—that result in divorce. Now you may be saying, “wait, I thought this book was about removing bitterness from my life, not divorce?” It is. Keep reading. You did not pick up the wrong book, but the principle rooted in my statement above has profound implications for us, the reader of *Bitter Busters*.

You see, just as sex, money and in-laws aren’t the real reason people get divorced, family, friends, career, church and God are not the reason we struggle with bitterness. Certainly, all of those areas can be a breeding ground for bitterness. The real issue is not that I have had challenges in one or more of the five areas, but the struggle with bitterness comes from the fact that I have not sought to forgive myself and others for the hurt I experience in those five areas. It is said, *to forgive someone is to set a prisoner free and to discover that the prisoner set free is you*. That is a powerful statement, and a true one. I believe the truth from Ephesians 4:31-32 mirrors that succinct statement. Ephesians 4:31-32 states,

*<sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (NIV)*

I hope you caught what is being taught in those two profound verses. First, we, as believers, are being instructed to get rid of bitterness. That is no small task! In fact, it is a monumental one, but God never calls us to something He cannot do in us, so we must persevere. Once we get over the emotional, mental and spiritual hurdle of accepting that bitterness has no place in our life, we must ask the same question the text asks, “How?” Verse thirty-two provides that answer. The pathway out of bitterness, rage, anger, brawling and slander is *forgiveness*. We are to look at the kindness and forgiveness of God extended to us through the Person and work of Jesus, and we are to apply the forgiveness we received through Christ to others. WOAHH! Talk about a BIG ASK, but remember God never calls us to do something He cannot do in us, and He never calls us to do something He Himself has not already done. He has offered you forgiveness of your sins through Jesus. Who are you to not replicate that offer of forgiveness to others since you have partaken in Christ’s offering of Himself?

The book you are holding in your hand is a gold mine of biblical truth and real life that merges together to provide you insights on how to be set free from the people, organizations and choices that entangle us so greatly. I have had the immense privilege to be mentored and discipled by Denny. In doing so, I have had a front row seat to watch how he has lived out what he writes in this book. Denny has made intentional decisions to do what he is teaching all of us to do: to make

a **decisive decision**

to **appropriate**

the **dynamic power**

of **love** and **forgiveness**

when the **natural urge** is to become bitter.

I cannot commend more highly the teaching and insight you will find in this book as you, in practical ways, flesh out the life-giving truths of *Bitter Busters*.

As you begin this journey of freedom, I want to put forward three promises I often share with my clients when discussing forgiveness. You see, I believe, that these three promises, when adopted by you, will provide you the freedom for which you are longing. Be careful to apply these promises in the areas of this book—family, friends, career, church and God. They are not easy to apply, but they are life-giving when you, through the power of the Holy Spirit, live out these promises. Commit to applying these three promises in your life.

*I promise to not bring up this offense again or use it against you.*

*I promise to not bring it up to others in gossip, or malign you because of it.*

*I promise to not bring it up to myself and dwell on this offense.*

The truths you will read in this book will give you the tools you need to commit to making these promises a reality. Good for you for

picking it up and doing the hard work! I pray for each of you as you journey towards busting bitterness out of your heart and mind.

Reeves Cannon, LPC, BCPCC



## Before we continue . . .

Listen carefully to what I say: my failure and your failure to apply a Bitter Buster perfectly does not negate the truth of the principles I have shared with you about how to live in freedom by forgiving. If you commit to using a Bitter Buster, the chances are you will find many successes in your life's journey.

Because I am a Christ-follower I am a life-long advocate of the grace of God. His grace does things I cannot do on my own . . . like choosing forgiveness, cancelling the debt, and being set free.

<sup>12</sup>I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. <sup>13</sup>No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, <sup>14</sup>I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. **Philippians 3:12-14 (NLT)**

I have chosen to keep on pressing on. I hope you will too.

## ***“Bitter Busters”***

*How Choosing Forgiveness Can Set You Free From  
Becoming Bitter Against Family, Friends, Career, Church and God*

*Eleven Transforming Ways You Can Forgive And Cancel The Debt  
And Live In Freedom*

*Welcome to the journey. May we be free, free indeed!*

*'Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.”’ John 8:31-32 (NLT)*

*Your journey to freedom begins on the next page . . .*

## **PART ONE: Prelude**

**“The Overwhelming Sting Rejection Has Upon People”**

**How To Recover From Rejection**

**What Is A Bitter Buster?**

**Planned Obsolescence**

## “How to Recover From REJECTION”

REJECTION. It happens far too many times, especially when it happens to you. It can be painful and shameful.

REJECTION happens . . .

- To kids, from playmates who call hurting others a sport
- Between boyfriends and girlfriends where one wants to go in another direction
- Between husbands and wives where one decides marriage is not based upon vows but upon personal convenience
- At the jobsite where promotions are given to others while demotions find their way to you

And if it gets really bad, people can even fall into self-REJECTION as they spiral into a very dark place in the soul.

REJECTION is not fair and it does not take prisoners. It kills.

REJECTION kills . . .

- Self esteem and leads to discouragement
- Self worth and leads to devaluation
- Self confidence and leads to depression

Strange, it may seem. If you have suffered from the pain of REJECTION, you are not alone. Joseph was REJECTED. Job was

REJECTED, and even Jesus was REJECTED. And yes, REJECTION has become a part of the story line of my life too. For me, I can ignore what I am feeling and what I am learning OR I can leverage my experiences in such a way that can encourage others who are suffering from REJECTION.

REJECTION. It hurts. It can paralyze. It is never easy to overcome. But you can, if you are willing to make some difficult decisions. Is there a way to blunt the pain and shame of being REJECTED and even move towards a greater path towards healing?

I believe there is, and we can unpack its secrets by learning how to recover from REJECTION by taking three specific action steps.

## **Three Action Steps That Will Help You Recover From REJECTION:**

### **1. Get Bold Grace**

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. **Hebrews 4:16 (NLT)**

### **2. Get God's Perspective**

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. **Romans 8:28 (NLT)**

### 3. Get On The Right Path

Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. **Proverbs 3:5-6 (NLT)**

Get bold grace. Get God's perspective. Get on the right path. If you embrace these great truths and do these three action steps you will be well on the way to recovering from rejection.

## What is a “Bitter Buster?”

It is a *decisive decision*  
to *appropriate*  
the *dynamic power*  
of *love* and *forgiveness*  
when the *natural urge* is to become bitter.

What is the composite of a Bitter Buster? What are its elements?

This is The Key: “And The Lord Was With Joseph”

“And The Lord” places the focus on where the mind and heart needs to be. Not “and his brothers nor his father,” nor “his employer or cell mates,” nor his own wisdom and strength.

Joseph’s Bitter Buster was the very presence of God, “And The Lord was With Joseph.” And it was personal, “He was with him.”

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. **Psalm 16:11 (ESV)**

Because the Lord was with him, he was able to appropriate everything he needed, every time from the Lord.

- He had every “right” to become bitter against his father for making him the favorite son
- He had every “right” to become bitter against his brothers for ruining his life and selling him as a slave
- He had every “right” to become bitter against his employer for not protecting him from his wife’s false accusations
- He had every “right” to become bitter against Potiphar’s wife for lying about his character
- He had every “right” to become bitter against his cell mates who forgot about him
- He had every “right” to become bitter against God for allowing all of the bad things happen to him

Just because you have the “right” to become bitter does not make it right. Using a Bitter Buster when your circumstances are *not* right is the right time to use it.

So, here it is again. Read it. Meditate on it. Apply it.

Make a *decisive decision*  
to *appropriate*  
the *dynamic power*  
of *love* and *forgiveness*  
when the *natural urge* is to become bitter.



## Planned Obsolescence

Joseph was rejected. So was Job. Even Jesus too. And maybe you feel you've been rejected too by family, friends, your career, your church, and maybe it feels at times God has rejected you too.

Years ago, appliances were designed to last a long time IF they were given the proper maintenance. Put a few drops of oil in your box fan and it would be good to go for another year or two. Now, everything has planned obsolescence written all over it. It is designed not to last, but to be replaced (and the sooner, the better, if you are the manufacturer).

Unfortunately, this way of doing things has found its way into modern relationships. In today's vernacular, "*Use them, then lose them*" has become an all too familiar way of many relationships; and sadly, even those who are Christians.

For those who have experienced the pain of Planned Obsolescence you are all too well acquainted with these feeling of rejection:

- ❖ Embarrassment
- ❖ Shame
- ❖ Loss of self esteem
- ❖ Confusion
- ❖ Sorrow

How do you recapture the high ground when you've been rejected?

- ❖ Believe what is true about you, what Jesus says about you.
- ❖ Believe that He's got the whole world in His hands, including you.
- ❖ Remember that disappointment can become God's appointment for you
- ❖ Like Joseph, remember that the Lord was with Joseph and He is with you too.
- ❖ Remember that what was meant for evil God meant it for good.

And here is the payoff: If you have been on the receiving end of Planned Obsolescence, it may be your temporary cross to bear. For personal encouragement you have to look no further than the example of Jesus. And look what He did. He was willing to face the short-term acute pain of rejection and pushed through the cross because He knew that on the other side of rejection it was well worth the cost.

<sup>1</sup>Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. <sup>2</sup>We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. <sup>3</sup>Think of all the hostility he endured from sinful people; then you won't become weary and give up. **Hebrews 12:1-3 (NLT)**

Remember, you may have been rejected, but in no way are you a reject.

I've given you enough preliminary thoughts for now. The real impact for you comes when you begin to read and process the words on the next pages and compare your life with the life of Joseph and learn how he navigated through the treacherous paths of FAMILY, FRIENDS, CAREER, CHURCH, and GOD, with an endless supply of Bitter Busters in hand.

One final word of caution. You will most likely read about things that MAY push some of your emotional buttons. Come prepared. I'm praying for you, right now, that you will . . .

Make a *decisive decision*  
to *appropriate*  
the *dynamic power*  
of *love* and *forgiveness*  
when the *natural urge* is to become bitter.

**PART TWO:**  
**The Five Areas Of Your Life You'll**  
**Need A Bitter Buster**

**Chapter 1. Family**

**Chapter 2. Friendship**

**Chapter 3. Career**

**(Based upon the life of Joseph)**

**Chapter 4. Organization**

**Chapter 5. Creator God**

# Chapter 1. Family

## Family Matters

(No Matter How Wrong You Are Treated By Them)

The Main Theme: How Bitter Busters Can Help You Not  
Become Bitter Against Family Who Reject and Betray You

*We can always choose our friends. Our families are chosen for us.*

*Anonymous*

*Blood makes you related. Loyalty makes you family.*

*Anonymous*

*Make allowance for each other's faults, and forgive anyone who offends you.*

*Remember, the Lord forgave you, so you must forgive others.*

***Colossians 3:13 NLT***

## **The Personal Biblical Story—background**

Family life. Some families appear to be characters in a feel-good Hallmark movie. Everyone gets along. Everyone succeeds. Everyone looks out for each other. Everyone seems to be problem free. Or so it seems.

On the other hand, there are many families where hurt and destruction is the norm, not the exception. Rejection. Betrayal. Greed. Selfishness. Jealousy. Pride. These are the twisted terms of engagement where all of the “rules” of fairness are ignored, and the unfortunate ones are led to the slaughter.

There are many devastating wounds that come to the soul. Sometimes they come from some of the most unlikely people. Certainly, when everything and everyone can harm us, for sure, family will be there to protect and support. Right? Not always. The records of history are filled with excruciating tragedies of families that turn on each other and become more vicious than a starving pack of insane wolves. What “*should*” be considered a safe refuge can become a place of ambush instead. Who would have ever thought an aspiring young man in the family business would be thrown away by his jealous brothers? Joseph never did.

He was a young teenager. Joseph was no older than 17 years old. He was in a successful family business and experienced the favor of his father who was the CEO of the business. It seemed, at least by the world’s standards, he had it made for life. And then . . . his story line took a sharp downward dip that spiraled into a life he never dreamed would be his. All because his family rejected and betrayed him. And yet, he never became bitter. Why not? He used a Bitter Buster instead.

Here is the beginning of his story. In it, there are significant life lessons for all of us.

<sup>1</sup> Now Jacob lived in the land where his father had sojourned, in the land of Canaan. <sup>2</sup> These are *the records of* the generations of Jacob. Joseph, when seventeen years of age, was pasturing the flock with his brothers while he was *still* a youth, along with the sons of Bilhah and the sons of Zilpah, his father's wives. And Joseph brought back a bad report about them to their father. **(Genesis 37:1-2 NASB)**

### **Some Important Things To Remember:**

- Joseph was young, only 17 years old.
- His career was a herdsman.
- He was in business with his family.
- He turned them in because of their work performance.

Now, let's read on . . .

<sup>3</sup> Now Israel loved Joseph more than all his sons, because he was the son of his old age; and he made him a varicolored tunic. <sup>4</sup> His brothers saw that their father loved him more than all his brothers; and so they hated him and could not speak to him on friendly terms. <sup>5</sup> Then Joseph had a dream, and when he told it to his brothers, they hated him even more. <sup>6</sup> He said to them, "Please listen to this dream which I have had; <sup>7</sup> for behold, we were binding sheaves in the field, and lo, my sheaf rose up and also stood erect; and behold, your sheaves gathered around and bowed down to my sheaf." <sup>8</sup> Then his brothers said to him, "Are you actually going to reign over us? Or are you really going to rule over us?"

So they hated him even more for his dreams and for his words. **(Genesis 37:3-8 NASB)**

**Some Important Things To Remember:**

- He was the “favorite” employee.
- His brothers, or co-workers, were jealous of him.

<sup>9</sup>Now he had still another dream, and related it to his brothers, and said, "Lo, I have had still another dream; and behold, the sun and the moon and eleven stars were bowing down to me." <sup>10</sup>He related *it* to his father and to his brothers; and his father rebuked him and said to him, "What is this dream that you have had? Shall I and your mother and your brothers actually come to bow ourselves down before you to the ground?" <sup>11</sup>His brothers were jealous of him, but his father kept the saying *in mind*. **(Genesis 37:9-11 NASB)**

**Some Important Things To Remember:**

- Just because you might be “right” is never an excuse for you to lord it over others—it is pride.

This is where the plot thickens. Please don’t allow the length of this Scripture account discourage you from “listening” to what is going on.

<sup>12</sup>Then his brothers went to pasture their father's flock in Shechem. <sup>13</sup>Israel said to Joseph, "Are not your brothers pasturing *the flock* in Shechem? Come, and I will send you to them." And he said to him, "I will go." <sup>14</sup>Then he said to him, "Go now and see about the welfare of your brothers and the welfare of the flock, and bring word



back to me." So he sent him from the valley of Hebron, and he came to Shechem. <sup>15</sup> A man found him, and behold, he was wandering in the field; and the man asked him, "What are you looking for?" <sup>16</sup> He said, "I am looking for my brothers; please tell me where they are pasturing *the flock*." <sup>17</sup> Then the man said, "They have moved from here; for I heard *them* say, 'Let us go to Dothan.' " So Joseph went after his brothers and found them at Dothan. <sup>18</sup> When they saw him from a distance and before he came close to them, they plotted against him to put him to death. <sup>19</sup> They said to one another, "Here comes this dreamer!" <sup>20</sup> "Now then, come and let us kill him and throw him into one of the pits; and we will say, 'A wild beast devoured him.' Then let us see what will become of his dreams!"

**(Genesis 37:12-20 NASB)**

### **Some Important Things To Remember:**

- You rarely know what other people are thinking about you and the kinds of plans they want to impose upon you.
- For the bitter person, the mind is the fertile soil where destructive thoughts are planted and rooted and cultivated for a future harvest of deceit.

On occasion, there will rise up from the masses of insanity a person who has the courage to speak up when the forces around him or her are running off of the cliffs of insanity. One of the brothers, Reuben, was willing to do the right thing. We can learn a lot from Reuben's life about what it means to swim upstream when it seems everyone else is seeking to drown anyone who does not align themselves with the power broker's schemes.

<sup>21</sup> But Reuben heard *this* and rescued him out of their hands and said, "Let us not take his life." <sup>22</sup> Reuben further said to them, "Shed no blood. Throw him into this pit that is in the wilderness, but do not lay hands on him"—that he might rescue him out of their hands, to restore him to his father. <sup>23</sup> So it came about, when Joseph reached his brothers, that they stripped Joseph of his tunic, the varicolored tunic that was on him; <sup>24</sup> and they took him and threw him into the pit. Now the pit was empty, without any water in it. <sup>25</sup> Then they sat down to eat a meal. And as they raised their eyes and looked, behold, a caravan of Ishmaelites was coming from Gilead, with their camels bearing aromatic gum and balm and myrrh, on their way to bring *them* down to Egypt. <sup>26</sup> Judah said to his brothers, "What profit is it for us to kill our brother and cover up his blood? <sup>27</sup> "Come and let us sell him to the Ishmaelites and not lay our hands on him, for he is our brother, our *own* flesh." And his brothers listened *to him*. <sup>28</sup> Then some Midianite traders passed by, so they pulled *him* up and lifted Joseph out of the pit, and sold him to the Ishmaelites for twenty *shekels* of silver. Thus they brought Joseph into Egypt. <sup>29</sup> Now Reuben returned to the pit, and behold, Joseph was not in the pit; so he tore his garments. <sup>30</sup> He returned to his brothers and said, "The boy is not *there*; as for me, where am I to go?" **(Genesis 37:21-29 NASB)**

And the rest is history. Joseph is sold out by his brothers and the lie that hid the truth from Jacob was carefully concealed for years. But like all lies, one day, some way, every lie gives way and is exposed to the power of the truth.

<sup>31</sup> So they took Joseph's tunic, and slaughtered a male goat and dipped the tunic in the blood; <sup>32</sup> and they sent the varicolored tunic and brought it to their father and said, "We found this; please examine *it* to *see* whether it is your son's tunic or not." <sup>33</sup> Then he examined it and said, "It is my son's tunic. A wild beast has devoured him; Joseph has surely been torn to pieces!" <sup>34</sup> So Jacob tore his clothes, and put sackcloth on his loins and mourned for his son many days. <sup>35</sup> Then all his sons and all his daughters arose to comfort him, but he refused to be comforted. And he said, "Surely I will go down to Sheol in mourning for my son." So his father wept for him. <sup>36</sup> Meanwhile, the Midianites sold him in Egypt to Potiphar, Pharaoh's officer, the captain of the bodyguard. **(Genesis 37:31-36 NASB)**

### **Some Important Things To Remember:**

- He becomes the victim when those he works with turn against him
- He loses his job and is “transferred” to a new assignment, a cross-cultural one, in Egypt

As one would read more into his story one thing you will never find: bitterness. Though Joseph did not know what kind of term to attach to it, he used a Bitter Buster. When the *natural urge* is to become bitter He made . . .

a *decisive decision*

to *appropriate*

the *dynamic power*  
of *love* and *forgiveness*

And because he did it, by God's grace, we can use a Bitter Buster when families give us every good reason to become bitter against them.

### **My Personal Story—background and life application**

I was raised in a military family, which means we were already challenged by the constant need to move around the world every two to three years. Both of my parents came from family farms in rural South Carolina. They were high school sweethearts and right after high school they married, dad joined the Air Force, and I was born shortly thereafter. My sister waited her turn and joined us three years later. After twenty years of globetrotting my father retired in 1971 and we all settled in a small city in South Carolina called Florence which is in the heart of the Great Pee Dee (I know, it does not have the same ring to it as “The Great Plains” or “The Eastern Seaboard” or even “The Midlands,” but there we were in the Pee Dee region of South Carolina).

Everyone settled into his or her family roles. My father worked. My mother was a stay-at-home mom and my sister and I finished high school and went to a local college. Life seemed to be normal (whatever that means) until my father had an affair that destroyed our family. He moved out. My mother melted down. My sister hung around and I found refuge in the home of a family in another town. It was my way of surviving the storm. This occurred during my final year of college. As I

began to process my pain, I made one vow to the Lord then, and I meant every word of it. *“This will not happen on my watch when I get married. I will not have an affair like my dad did. I will remain true to my vows. I will protect my family from a divorce.”*

For years it seemed I had been blessed with a supportive wife and children. I was always faithful to my wife and kept my vows because I believe what you say and what you do best define the kind of person you really are. I intentionally loved my wife. I made every effort to be present at every special outside function in which my kids were involved—ballgames, concerts, art shows, field trips—I did them all, and did them gladly.

Life was not always easy for my family. Being in the ministry for many years was a challenging call that placed a heavy burden upon us at times. Sometimes I felt the actions of certain “church” people were meant to destroy me or at the very least, cut my legs out from under me. And honestly, a good amount of damage to me and to my family did occur. Offenses occurred. Emotional and mental pain found its target all too easy. All of us were given the opportunity to either become bitter or better. By God’s grace, I chose to use a Bitter Buster. My wife, instead, moved so far down into the dark hole of unforgiveness and void of any love, that over time, she grew accustomed to the foul taste of bitterness. And when bitterness came like turbulent waves over her, it spilled out into the lives of our children too. Bitterness is dangerous, not only for the one who is bitter, but for everyone else who is connected to the bitter person.

*Be careful that none of you fails to respond to the grace which God gives, for if he does there can very easily spring up in him a bitter spirit which is not only bad in itself but can also poison the lives of many others. **Hebrews 12:15 (JB Phillips)***

*Look after each other so that not one of you will fail to find God's best blessings. Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives. **Hebrews 12:15 (The Living Bible)***

*Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many. **Hebrews 12:15 (NLT)***

*"I am no longer in love with you. I do not respect you. I am not happy. I want out of this marriage."* These words are hard to hear anytime, but especially after being married to my wife for nearly 30 years. I had made vows and intended to keep them. She said those vows were written by men and had no value to them. A bitter person was rejecting me. Why was she abandoning me? She wanted to be happy and, in her mind, that meant leaving me in her quest to find happiness (whatever that means). So, in her desire to move on, it opened up the floodgates for my adult children to hop on her departing train and abandon me as well. In a year's time I lost a marriage, two children, one daughter in law, one son-in-law, two grandchildren, one wedding, and other significant family memories I will never be able to recreate again.

After something like this, some would default to bitterness. What was I going to do? I chose to use a Bitter Buster instead. When the *natural urge* is to become bitter, I made . . .

a *decisive decision*

to *appropriate*

the *dynamic power*

of *love* and *forgiveness*

And this is also what I did: I asked my ex and my kids to forgive me. I'm sure I failed to meet their expectations too. Whether they accepted my forgiveness is immaterial. I had to forgive and ask for it too. That is when you really know you are set free. I used a Bitter Buster and I want you to use one too. Why? Because there are two important relationship laws in play here: The Law of Bitterness and the Law of Forgiveness. Bitterness repels and forgiveness is attractional.

If you are bitter towards any relationship (be it family, friends, career, church or even God), bitterness repels and there is no chance at all for any positive movement towards relational healing. On the other hand, forgiveness is the only possible pathway to eventual reconciliation or even restoration. Even then, there may not be a noticeable change from them BUT there will be one in you.

So, what if, after years of estrangement, you give it one more shot to reconcile, or at the very least, seek to start a conversation that

will lead to healing. Well, I did this very thing as I began to wrap up the final details of this book.

In my view, there are few worse feelings than being ignored, or a new term that has recently been introduced to our culture: to be canceled like you never existed. The painful feelings that are caused by being ignored or canceled are more intense when it is family. To be ignored or canceled is far worse than hate. It is lethal to anyone who is on the recipient's side of the offense. It is like a slow-killing weapon. The damage is dull at first, it seems. And then comes the spiraling down of self-doubt, to insecurity, and even the dark valley of depression.

Another way of being ignored or canceled is this: withholding love. It's painful, punishing, and pathetic.

For years I have vacillated between the inner voices of “whatever” and giving up hope that my children and I would be restored to “keep the faith” when it seemed every fiery dart of doubt had me in its bullseye. I so wanted to do everything I knew to do to make it happen. Then, I was reminded of this timeless relational principle, “to be at peace with everyone, as much as it depends on me.”

*‘Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the Lord. Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.” Don’t let evil conquer you, but conquer evil by doing good.’* **Romans 12:18-21 (NLT)**



This passage of Scripture took on a brand-new personal application as I sought to make peace. My best efforts did not turn out as I had hoped. In fact, my attempt to make peace went from bad to worse.

As I was in a heavy process mode, I was reminded that the way of the Cross is one of suffering. In this life, we are going to suffer at times. Sometimes the greatest cause of our suffering comes from the actions of the ones we should love the most, our family. I love my son and daughter and would give up my life for them. As I write the final thoughts on this chapter, I've struggled in prayer over how much of my family story I need to tell. I think I've reached the right balance between open disclosure and concealing the other facts, which are much more painful, I have chosen not to write.

At the end of the day, I want all of this to be redemptive, especially for the reader who may have experienced something very similar and is crying out for a remedy from their pain. If you are going to be able not only to survive but thrive in the pain, you are going to have to use a Bitter Buster. Right then, when the *natural urge* was for me to become bitter, I made . . .

a *decisive decision*

to *appropriate*

the *dynamic power*

of *love* and *forgiveness*

And you can too.

## **Biblical Perspective**

It's important to remember that SPIRITUAL SOLUTIONS require SPIRITUAL TOOLS. So, how do you pull this off? How do you use a Bitter Buster? Well, you really can't unless the Lord empowers you to do so.

### **You need to put on the full Armor of God**

<sup>10</sup> A final word: Be strong in the Lord and in his mighty power. <sup>11</sup> Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. <sup>12</sup> For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. <sup>13</sup> Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. <sup>14</sup> Stand your ground, putting on the belt of truth and the body armor of God's righteousness. <sup>15</sup> For shoes, put on the peace that comes from the Good News so that you will be fully prepared. <sup>16</sup> In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. <sup>17</sup> Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. <sup>18</sup> Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. **Ephesians 6:10-18 (NLT)**

### **You need to discover His strength in your weakness**

<sup>7</sup> even though I have received such wonderful revelations from God. So to keep me from becoming proud, I was given a thorn in my flesh, a messenger from Satan to torment me and keep me from

becoming proud. <sup>8</sup> Three different times I begged the Lord to take it away. <sup>9</sup> Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. <sup>10</sup> That’s why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong. **2 Corinthians 12:7-10 (NLT)**

### **You need to place EVERYTHING on the Altar of God as a Living Sacrifice**

<sup>1</sup> And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. <sup>2</sup> Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect. **Romans 12:1-2 (NLT)**

<sup>1</sup> So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. <sup>2</sup> Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down

to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. **Romans 12:1-2 (MSG)**

**The Redemptive Story Break: Where your path to bitterness can be diverted. This is a Time For Reflection and Action.**

**Bitter Buster #1:** Life has many twists and turns to it when given time to be experienced over the long haul. If you have been betrayed and rejected by a member of your family, what can you learn from it and how can you take your experience and move forward in a positive way?

**Bitter Buster #2:** It is so easy to slide down the slippery slope of focusing on what we have lost instead of what we have. If you have experienced the rejection of someone in your family, WHO has stuck with you? If you have no other family member to choose from, then also look to your Heavenly Father, to your Lord Jesus, and to the sweet Holy Spirit who has promised that He will never leave or forsake you, ever.

## Epilogue:

You want to be able to live a life that is free to forgive and live in peace of mind and peace of heart. You want to be able to experience God's redemptive work in the broken areas of your FAMILY, FRIENDS, CAREER, CHURCH, and in your relationship with GOD. The sure way to experience inner peace is when you become proficient in the art of using Bitter Busters. Use them, and use them well, and you will . . .

*"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others." Colossians 3:13 (NLT)*

A Summary Of All The Bitter Busters . . .

## What is a "Bitter Buster?"

It is a *decisive decision*

to *appropriate*

the *dynamic power*

of *love* and *forgiveness*

when the *natural urge* is to become bitter.

## For Family

**Bitter Buster #1:** Life has many twists and turns to it when given time to be experienced over the long haul. If you have been

betrayed and rejected by a member of your family, what can you learn from it and how can you take your experience and move forward in a positive way?

**Bitter Buster #2:** It is so easy to slide down the slippery slope of focusing on what we have lost instead of what we have. If you have experienced the rejection of someone in your family, WHO has stuck with you? If you have no other family member to choose from, then also look to your Heavenly Father, to your Lord Jesus, and to the sweet Holy Spirit who has promised that He will never leave or forsake you, ever.

### **For Friends**

**Bitter Buster #3:** It is a reasonable expectation that when you entrust your heart with a friend that they would take good care of your heart. But we all know that life is not fair, and that is especially true when you have been betrayed. What do you need to do to move on from a broken relationship? Sometimes it can be helpful if you can write down a prayer of forgiveness. I hope this sample prayer will help you begin:

“Lord Jesus, I need a Bitter Buster. I confess to You that my heart has been hurt by the betrayal of [Mention their name here] but I choose to love and forgive them. I choose to release them and receive for me Your grace and mercy to move forward and trust You to heal my heart.”

**Bitter Buster #4:** If we are not careful, we can forget to thank the Lord for the faithful friends that we do have. One of the best ways to avoid the gravitational pull of bitterness is to accentuate the positive and not allow a negative relationship to pull you down. Who are the positive people in your life? Write down the names of five friends who build you up and then before the week is done reach out to them and tell them how much you appreciate them and tell them why.

### **For Career**

#### **Bitter Buster #5:**

If you live long enough, you will quickly come to realize this universal truth that applies to every culture and to every career you have experienced: Life. Is. Not. Fair. Next question please. Once you realize this is true it becomes a game changer when you are forced to make the decision to become bitter or better. Choose wisely and you will experience victory no matter who is keeping score. When you have been treated unfairly, what kind of positive response can you give?

#### **Bitter Buster #6:**

Life is pretty competitive, especially when it comes to the places where we work. A healthy work culture stresses the value of a team approach where everyone on the team can be positioned to win. What practical things can you do that will make your place of work a better environment?

### **Bonus Bitter Buster #7:**

One more exercise that will cause you to drill deep down if you are willing. Think back of a time when at work you were embarrassed, or overlooked, or ignored. Have you ever fully processed those experiences and the feelings that come attached to them? If not, take each one and apply a Bitter Buster.

## **For Church**

### **Bitter Buster #8:**

Everyone goes through their own shares of disappointments. What may look good and seem right can at times be an illusion. I've heard it said that "Disappointments" can be "God's Appointments." All I know is that God is sovereign overall, and He is with you when church gets hard. Hold in your hands your greatest disappointments with church. Then lift up your hands and give them to Him, all of them.

### **Bitter Buster #9:**

We all know that church life is not perfect, but the Head of the Church is. When you are in a tough situation with your church, when you've been wounded by it, tell the Head all about it. Then, use a Bitter Buster.

## **For God**

### **Bitter Buster #10:**

One of the most important doctrines in the Christian faith is the Sovereignty of God. In other words, God rules and overrules in the



affairs of people. Nothing gets to you without His knowledge. Instead of yielding to the gravity of becoming bitter because things do not go according to your plan, TRUST in His character and BELIEVE God loves you and has the best intentions for you.

**Bitter Buster #11:**

Suffering is part of the human condition. God knows. His one and only Son suffered on a scale that no one ever did or ever will. “Wasted suffering” is a slippery slope on the path to bitterness. And yet, God will meet you there and capture your heart and lead you back to the path of life. When you become frustrated with God, He invites you to use a Bitter Buster and

Make a . . .

a *decisive decision*

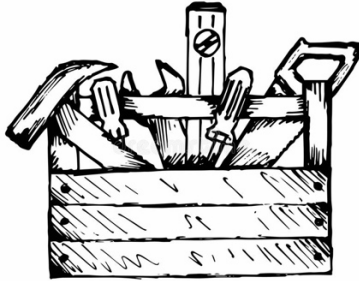
to *appropriate*

the *dynamic power*

of *love* and *forgiveness*

when the *natural urge* is to become bitter.

## Welcome To Your Bitter Busters Forgiveness Toolbox



This toolbox is filled with a wide selection of Bitter Busters. Each one comes with complete instructions on how to best use each tool. The best tool is the one that is used. Be intentional and use them on a regular basis.

- ❖ The Tool (The Scripture—all references are from the NLT)
- ❖ The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

### **The Tool (The Scripture)**

'and forgive us our sins, as we have forgiven those who sin against us.'  
Matthew 6:12

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

Since God has forgiven you, use this Bitter Buster and forgive the person who has sinned against you. Read through this Scripture. Pray it aloud and personalize it. "Lord, you have forgiven me of my sins. Please fill my heart with love and grace as I use this Bitter Buster on (insert their name here). I choose to forgive them."

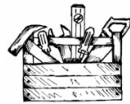


### **The Tool (The Scripture)**

"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.' Matthew 6:14-15

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

All of us are sinners, saved by His grace. Knowing how much He has forgiven you, how much more should you forgive others who have offended you? Meditate for a few moments of what it feels like to be forgiven by the Lord. Then, meditate on how it will make you feel when you choose to use this Bitter Buster.



### **The Tool (The Scripture)**

"Then Peter came to him and asked, 'Lord, how often should I forgive someone who sins against me? Seven times?' "No, not seven times," Jesus replied, "but seventy times seven! "Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn't pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt. "But the man fell down before his master and begged him, 'Please, be patient with me, and I will pay it all.' Then his master was filled with pity for him, and he released him and forgave his debt. "But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. A denarius was equivalent to a laborer's full day's wage. He grabbed him by the throat and demanded instant payment. "His fellow servant fell down before him and begged for a little more time. 'Be patient with me, and I will pay it,' he pleaded. But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full. "When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with

me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' Then the angry king sent the man to prison to be tortured until he had paid his entire debt. "That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart." Matthew 18:21-35

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

I know. It's tempting to "keep score" when it comes to forgiveness. You may think that if you forgive one time then you have the relational advantage. But this Bitter Buster has a shelf life of more than a one-time use. In fact, Jesus said you need to forgive, literally, all the time, every time. When you come to the end of your wits, remember it's a great time to keep on cancelling their debt and forgive them again.



### **The Tool (The Scripture)**

'I tell you, you can pray for anything, and if you believe that you've received it, it will be yours. But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. *(Some manuscripts add verse 26, But if you refuse to forgive, your Father in heaven will not forgive your sins.)*' Mark 11:24-25

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

Everyone wants their prayers to be answered, including yours too. When you pray big prayers to an even bigger God, you expect to have big results. And you can expect to have a thriving prayer life IF your horizontal relationships are clean. Before you pray, it's critical that you do a spiritual check up with this Bitter Buster.



### **The Tool (The Scripture)**

"Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven." Luke 6:37

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

When you are wounded you may be tempted to retaliate and become the judge and jury too. Especially when you believe you have earned "the right" to judge and condemn them. Be careful. It's a trap. You always sow what you reap, so sow this Bitter Buster of forgiveness and allow the Lord to set you free from assuming the role of judge and jury.



### **The Tool (The Scripture)**

'So watch yourselves! "If another believer sins, rebuke that person; then if there is repentance, forgive. Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive."' Luke 17:3-4

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

One of the greatest gifts you can give to the person who "messes up" is a second chance, and according to this Bitter Buster, another chance again. If they mess up, repent and ask forgiveness from you, you must forgive. Even still, even if they do not repent and seek forgiveness, you still must forgive, "seven times a day." To make the best use of this Bitter Buster, you can't overanalyze it or negotiate the terms with the Lord. You must forgive.

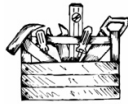


### **The Tool (The Scripture)**

'Jesus said, "Father, forgive them, for they don't know what they are doing." And the soldiers gambled for his clothes by throwing dice.' Luke 23:34

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

There are sometimes when others hurt you where they may not fully understand the ultimate ramifications of the pain they are causing. Out of their own ignorance or callousness of heart, you have been wounded. But as painful as it is, the ultimate gift of grace God gives you is the kind of Bitter Buster that does not excuse what they have done to you, but it does give you the ability to completely trust God with your life.



### **The Tool (The Scripture)**

'As they stoned him, Stephen prayed, "Lord Jesus, receive my spirit." He fell to his knees, shouting, "Lord, don't charge them with this sin!" And with that, he died.' Acts of the Apostles 7:59-60

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

Some Bitter Busters you have to use, even if it kills you. Can you imagine for a moment where you were doing all of right things and saying all of the right things but those who are "religious" people wanted to destroy you? Feel the misunderstanding? Feel the treacherous words? Feel the stones that are violently thrown at you with the intent to silence and kill you? This is one of the most challenging Bitter Busters to use. God's amazing grace will fully equip you if you have to use this one.



### **The Tool (The Scripture)**

'When people work, their wages are not a gift, but something they have earned. But people are counted as righteous, not because of their work, but because of their faith in God who forgives sinners. David also spoke of this when he described the happiness of those who are declared righteous without working for it: "Oh, what joy for those whose disobedience is forgiven, whose sins are put out of sight. Yes, what joy for those whose record the Lord has cleared of sin.'" Romans 4:4-8

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

This is a Bitter Buster that resonates JOY because when you reflect upon how great a forgiveness from God has been granted to you, your heart should lead you to forgive greatly too. God has forgiven you and has cleared you of sin. When you are facing the gravitational pull of bitterness, use this Bitter Buster instead and forgive . . . with joy!

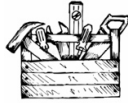


### **The Tool (The Scripture)**

'Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.' Ephesians 4:31-32

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

Sometimes, when you are hurt, you may tend to attract a lot of negative habits: such as bitterness, rage, anger, harsh words, and slander, and everything else that is evil you can only imagine. This Bitter Buster requires a focused change of thinking and direction. You are exhorted to "Get rid" of the bad stuff and make a pivot "instead" to the good stuff.



### **The Tool (The Scripture)**

'Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. ' Colossians 3:12-14

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

They say, “clothes make the man (or woman).” In other words, what you wear is important, especially when it comes to a proper spiritual wardrobe. When you choose to wear God’s finest, you will look much better when you use this Bitter Buster. The best time to use this one is when (after you put on the wardrobe God wants you to wear) you remember how much God loves you and has forgiven you. Once you “*look the part*” you will then “*live the part*” and forgive those who have hurt you.



### **The Tool (The Scripture)**

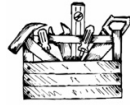
'I am not overstating it when I say that the man who caused all the trouble hurt all of you more than he hurt me. Most of you opposed him, and that was punishment enough. Now, however, it is time to forgive and comfort him. Otherwise he may be overcome by discouragement. So I urge you now to reaffirm your love for him.' 2 Corinthians 2:5-8

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

Hurt people hurt people because they have not been healed by the Lord. But they may be on the way once you use this Bitter Buster by forgiving them and then comforting them. Love, reaffirmed love, is a much better



approach than heaping burning coals of judgment and rejection by withholding love.



### **The Tool (The Scripture)**

'The first time I was brought before the judge, no one came with me. Everyone abandoned me. May it not be counted against them.'  
2 Timothy 4:16

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

Perhaps you have been abandoned (or at least felt like it) at the most painful time. When people who should have been with you either ignored you or forgot about you. No matter the reason, it was painful to you. This Bitter Buster is an important one to use when you are tempted to throw your own pity party. You make the choice: May it not be counted against them.

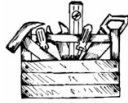


### **The Tool (The Scripture)**

'Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing.' 1 Peter 3:9

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

One of the biggest temptations when you've been hurt is to plan for a strategic retaliation. In fact, the more you may scheme in your mind, the more pain you may want to inflict. This Bitter Buster short circuits that thought pattern and rewires it to be a blessing instead.



### **The Tool (The Scripture)**

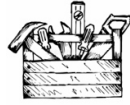
'Dear children, let's not merely say that we love each other; let us show the truth by our actions. Our actions will show that we belong to the truth, so we will be confident when we stand before God. Even if we feel guilty, God is greater than our feelings, and he knows everything. Dear friends, if we don't feel guilty, we can come to God with bold confidence. And we will receive from him whatever we ask because we obey him and do the things that please him.' 1 John 3:18-22

### **The Instructions On How To Use This Bitter Buster (The Practical Personal Application)**

In the big picture, words are useless unless you can back them up with action. It is one thing to say "I forgive you" and another to really mean it. You can say the words "I forgive you" and betray the message by what you do with your actions. This Bitter Buster has credibility when your love for those who have hurt you is in alignment with the truth of God's Word. Sometimes you may not feel like acting in love towards those who have hurt you by saying "I forgive you," but God knows that. He is greater than your feelings.



## God Has Forgiven Us



'You forgave the guilt of your people— yes, you covered all their sins.'  
Interlude' Psalms 85:2

'Let all that I am praise the Lord; with my whole heart, I will praise his holy name. Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases.'  
Psalms 103:1-3

'He does not punish us for all our sins; he does not deal harshly with us, as we deserve. For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. He has removed our sins as far from us as the east is from the west.' Psalms 103:10-12

'From the depths of despair, O Lord, I call for your help. Hear my cry, O Lord. Pay attention to my prayer. Lord, if you kept a record of our sins, who, O Lord, could ever survive? But you offer forgiveness, that we might learn to fear you. I am counting on the Lord; yes, I am counting on him. I have put my hope in his word.' Psalms 130:1-5

'Lord, your discipline is good, for it leads to life and health. You restore my health and allow me to live! Yes, this anguish was good for me, for you have rescued me from death and forgiven all my sins.'  
Isaiah 38:16-17

"I—yes, I alone—will blot out your sins for my own sake and will never think of them again.' Isaiah 43:25

'Seek the Lord while you can find him. Call on him now while he is near. Let the wicked change their ways and banish the very thought of doing wrong. Let them turn to the Lord that he may have mercy on them. Yes, turn to our God, for he will forgive generously.' Isaiah 55:6-7

'Where is another God like you, who pardons the guilt of the remnant, overlooking the sins of his special people? You will not stay angry with your people forever, because you delight in showing unfailing love.' Micah 7:18

'May God the Father and our Lord Jesus Christ give you grace and peace. Jesus gave his life for our sins, just as God our Father planned, in order to rescue us from this evil world in which we live.' Galatians 1:3-4

'He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.' Ephesians 1:7

'He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.' 1 Peter 2:24

'But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.' 1 John 1:9

'and from Jesus Christ. He is the faithful witness to these things, the first to rise from the dead, and the ruler of all the kings of the world. All glory to him who loves us and has freed us from our sins by shedding his blood for us.' Revelation 1:5

## Afterword

I want to encourage you to write your own obituary. Sound morbid? Not really. If you do not do it someone else will. As you begin to write, be intentional every day to live up to what you have written about yourself. Be honest. Be transparent. And be inspired to live a life of legacy.

In a way, Bitter Busters has become my obituary. It has literally taken me a lifetime to write this book. In it are many of the stories and people that have shaped my life. As I sought to categorize my life, I was drawn to the life arenas of family, friends, career, church, and God. There, I was able to reflect on my stories that in the hope that one day they would be useful not only to me but to you also.

One of the greatest gifts the Lord has ever given me (and you) is our stories. If you are young, begin now to journal your stories and what you are feeling and learning. If you are more “seasoned,” begin now to journal. Why journal? Because if you are like me, you’ll forget a lot of them. Why journal? Because you matter and your stories matter too. Bitter Busters is my story and I’m sticking with it. I hope I can inspire you to tell your story, without the bitterness. The world is waiting to hear your story. You matter and your story matters too.

What’s your story?

# SUBJECT INDEX

## An Introduction to the Subject Index for *Bitter Busters*:

Years ago, I had a friend share with me that a good book can become a great book if it has a useful subject index. I agree with him. What is provided for you in the coming pages is a comprehensive subject index that covers how to experience quality wisdom for a modern age. This book is much more than a book of helpful information. It is treasure trove of inspirational thoughts and never-ending starting points for a dynamic personal and small group Bible study.

### How to use this valuable resource:

You can use it as a Bible Study on a topic that you want to become more familiar with in your search for spiritual growth. For example, you may wish to study the topic of *Bitter and Bitterness*.

### **Bitter—Bitterness.**

Bitterness is dangerous, not only for the one  
who is bitter, but for everyone else too  
who is connected to the bitter person.  
Pg. 18

List of Scriptures about B. Pg. 19

Warning.

Get rid of it. Pg. 155

It will poison everyone. Pg. 18

Watch out that no poisonous root of  
bitterness grows up to trouble  
you, corrupting many. Pg. 19

See how it works? In this illustration, you have been shown at least five Bible study points based upon the topic of Bitter and Bitterness. There are literally hundreds of more subjects in this comprehensive study resource that will provide you many years of enriching times of study, reflection, and personal growth.

## **A**

### **Abandon—Abandoned.**

Paul was abandoned. Pg. 157

### **Abuse.**

Being forgotten is a subtle form of abuse. Pg. 33

Warning.

When you are ignored and forgotten the worst thing you can do is to harden your heart and allow the root of bitterness to spread throughout your soul. Pg. 34

### **Advice.**

Who knows enough to give God advice? Pg. 102

### **Affair.**

Promise. To protect my family from an A. Pg. 18

### **Aisle 31.**

What it is and why it matters. Pg. 77, 79

**Alert.**

Duty.

Stay A. and be persistent in your prayers for all believers everywhere. Pg. 23, 125, 129

**Alone.**

Fact.

It's not good for man to live alone. Pg. 27

**Altar of God.**

Duty.

Place everything on the Altar of God as a living sacrifice. Pg. 24

**Anderson Auditorium.**

Every year during the July 4<sup>th</sup> week The Reach Out Singers would be the musical guests for the Presbyterian Family Life Conference. Pg. 93  
Located in Montreat, NC. Pg. 93

**Armor of God.**

Duty. To put it on. Pg. 23

**Anger.**

Warning.

Get rid of it. Pg. 155

**Arrow—Arrows**

Of the devil. Pg. 23

**Asbury College.**

Prayer Department.

Ruth Nelson.

Brought the spirit of the revival with her. Pg. 92

Moved to Florence in 1970. Pg. 92

Revival Of. Pg. 92



**Asbury College. (Continued)**

What.

In the early part of 1970 Asbury College in Wilmore Kentucky was experiencing a revival that changed hearts, cancelled classes and cascaded across the country; even across many of our lives in Florence. Pg. 92

Where. Wilmore Kentucky. Pg. 92

**Attributes.**

Of God.

The Lord is compassionate and merciful, slow to get angry and filled with unfailing love. Pg. 38

**B**

**Bad News.**

Fact.

It is a sobering responsibility when we have to tell the truth, no matter how awkward it might seem. Pg. 32, 60

There are some occasions that we have to be the bearer of bad news. Pg. 32, 60

**Bankrupt.**

Why your soul will not become spiritually bankrupt, but it will prosper instead. Pg. 119

**Bible.**

I have put my hope in his word. Pg. 39, 159

**Bitter Buster.**

Description. Pg. iv, xvi, 4, 5, 8, 16, 20, 22, 34, 36, 66, 68, 70, 75, 82, 83, 95, 97, 100, 101, 104, 144, 145, 149

Elements.

Key. The Lord was with Joseph. Pg. 4

The presence of God. Pg. 4

## **Bitter Buster. (Continued)**

Fact.

Has become my obituary. Pg. 161

Just because you have the “right” to become  
bitter does not make it right. Pg. 5

Forgiveness Toolbox. Pg. 150

Summary of. Pg. 145

Warning.

For the bitter person, the mind is the fertile soil  
where destructive thoughts are planted  
and rooted and cultivated for a future  
harvest of deceit. Pg. 14

You may need a Bitter Buster for God too. Pg. 104

## **Bitter—Bitterness.**

Bitterness is dangerous, not only for the one  
who is bitter, but for everyone else too  
who is connected to the bitter person.

Pg. 18

List of Scriptures about bitterness. Pg. 19

Warning.

Get rid of it. Pg. 155

It will poison everyone. Pg. 18

Watch out that no poisonous root of  
bitterness grows up to trouble  
you, corrupting many. Pg. 19

## **Bless—Blessings.**

Fact.

One of the greatest blessings a believer can  
experience is to become an answer to  
someone else’s prayer. Pg. 30

Sometimes, the greatest blessings come with the  
greatest surprises. Pg. 74

They are too numerous to count. Pg. 111

**Blood.**

Jesus loves us and has freed us from our sins by shedding his blood for us. Pg. 160

**Bold—Boldness.**

Duty.

Get bold grace. Pg. 2

**Bounds, E. M.**

Quote of.

*“What the Church needs to-day is not more machinery or better, not new organizations or more and novel methods, but men whom the Holy Ghost can use — men of prayer, men mighty in prayer. The Holy Ghost does not flow through methods, but through men. He does not come on machinery, but on men. He does not anoint plans, but men, men of prayer.”* Pg. 84

**Burden—Burdens.**

Give your burdens to the Lord, and he will take care of you. Pg. 129

**C**

**Call—Calling.**

Doctrine of.

The doctrines of calling—vocational and career—is the platform where character is best developed and observed. Pg. 42

Kind of.

Vocational.

A vocational calling is what God has called you to “be” while a calling in a career is what you “do.”

Pg. 42, 63

Meaning of.

It comes from the Latin word, “vocare” and literally means “to call.” Pg. 63

**Call—Calling. (Continued)**

Stewardship.

Powerbroker. How one handles power when one has all of the power in the room.

Pg. 42

Warning.

When God calls us to a task it is always done with the caveat of “will we be good stewards of the call by glorifying God and blessing others? Or will we abuse it and steal God’s glory by becoming prideful and using the power that comes from our vocation and career in order to abuse people. Pg. 42

**Calvary Baptist Church.**

Mentor. Howard Starks. Pg. 91

Sunday School teachers. Sam and Marion Helms. Pg. 90

Youth Retreat. 1974. Results of. Pg. 91

Youth pastor. Jimmy Pitts. Pg. 90

**Cancel—Cancelled.**

Damaged of being C. Pg. 21

Example of being C. Pg. 21

**Care—Cares.**

Fact.

To give ALL of your worries and cares to God takes a tremendous amount of faith, courage and even more challenging, emotional and mental energy.

Pg. 125, 127

Give all your worries and cares to God. Pg. 125, 127

God cares about you. Pg. 125, 128

**Career.**

A Christian worldview of career always keeps this question at the forefront of one’s mind: “what does God think about this?” Pg. 53

Craftsmen who built the Tabernacle. Pg. 43

## Career (Continued)

Daniel: Advisor, administrator, consultant / lived through four or five administrations. Pg. 44

David: Music therapist, shepherd, king. Pg. 43

Deborah: A judge who became the leader of all Israel. Pg. 44

Duty.

Do your job well. Pg. 44

Esther: Entertaining the king / she became a diplomat / she did her job so well that she saved her people. Pg. 44

God is present in where you work. Pg. 50

God is sovereign in *where* you work, in *who* you work for and in *how* you get to where we are going. Pg. 49

Impacted and saved the world. Pg. 42

In God's sovereignty, two former employees of Pharaoh, were placed in Joseph's care—a man who had instant credibility due to his own career working for an influential man. Pg. 57

It is because of God's work in our lives that our witness or testimony will open up the doors of career opportunities. Pg. 50

Joseph: Administrator (in the jail, in Potiphar's house, in Pharaoh's house). Pg. 43

Joseph (Jesus' father): A skilled craftsman, technician. Pg. 44

List of people in Scripture who are noted for their careers. Pg. 43

Luke: Physician. Pg. 44

Mary who sat at the feet of Jesus: she left the kitchen and stepped out at the feet of Jesus to be His disciple (she made a career shift). Pg. 44

Matthew: Tax collector (public servant). Pg. 43

Nehemiah: Cup bearer (found favor with his boss); Builder designer. Pg. 43

Quote of. *"It's not what you achieve, it's what you overcome. That's what defines your career."* Carlton Fisk. Pg., 41

Paul: Tentmaker. Pg. 43

Peter: Fisherman (low level; sporadic). Pg. 43

Rahab: Prostitute. Pg. 44

### **Career (Continued)**

Tabitha: Textiles. Pg. 43

The career where God calls us to work and have a job is the application of our vocational call. Pg. 64

The notion that we have “job security” based upon our performance and hard work is erroneous. Pg. 52

There always lies the possibility of circumstances that come our way that are beyond our control; circumstances that will lead to yet another career change. Pg. 51

You never know who you will run into during your career. Pg. 57

### **Change.**

After much crisis of change, Joseph found himself “gainfully employed” as a slave in the house of Potiphar, the Egyptian, his master. Pg. 50

### **Choice—Choices.**

The best promises of God and the best choices I must make for my life journey. Pg. 124

### **Christianity.**

Is best expressed when the believer is “all in.”  
Pg. 118, 136

### **Church.**

Challenges it faces.

During its worst days it can be carnal  
(1 Cor. 10:10-16) Pg. 85

It can lose its focus and its first love (Rev. 2:4)  
Pg. 85

In its best days the Church can be healthy. Pg. 85  
Some Churches become a house of prayer.  
Pg. 85

Sometimes the Church is on mission  
(Matthew 28:19-20) Pg. 85

Some can be prayerless (Mark 9:28-29) Pg. 86

## **Church (Continued)**

Characteristics of.

The Church by living out the Gospel, God is praised and glorified, the testimony of the Church is making an impact and the fellowship is growing because the lost are being found. Pg. 87

To be a community of learning about and applying Biblical doctrine. Pg. 86

To be a place to enjoy spiritual fellowship. Pg. 86

To be a place where Christ followers become answers to prayers. Pg. 87

To be a place where God's power is on display. Pg. 87

To be filled with supernatural power. Pg. 86

To be the place where Christ followers do life together. Pg. 87

To celebrate the life, death, and resurrection of Christ with the sacraments and devotion to prayer. Pg. 86

Fact.

Humility goes a long way in a Church being healthy. Pg. 89

I love the Church. Pg. 85

It belongs to Jesus. Pg. 85

It is being built by Jesus. Pg. 85

The key to having a healthy Church is to have humble members. Pg. 89

Five Failures Every Church Must Avoid.

Pride acrostic. Pg. 88

## **Churchianity.**

Is our faith experience best described as a "Churchianity" or a biblical "Christianity"? Pg. 110

**Church Plant.**

Failure Of. Pg. 71

Planted a church in the small community of Darlington  
South Carolina. Pg. 97

**Circumstances.**

We can never judge our difficult circumstances at work  
as a “bad” thing when it is the very thing God  
uses to work out His plan for our life. Pg. 55

**Cleanse.**

If we confess our sins to him, he is faithful and just to  
forgive us our sins and to cleanse us from all  
wickedness. Pg. 39, 160

**Clothe—Clothes.**

Clothe yourselves with love, which binds us all together  
in perfect harmony. Pg. 156

Clothe yourselves with tenderhearted mercy, kindness,  
humility, gentleness, and patience. Pg. 156

Once you “*look the part*” you will then “*live the part*” and  
forgive those who have hurt you. Pg. 156

What we wear is important, especially when it comes to  
a proper spiritual wardrobe. Pg. 156

**Comfort.**

A comfort that comes at the right time, in the right way,  
and from the right source is a comfort that will  
last. Pg. 111

A comfort that comes from the right source. Pg. 110

A comfort that comes at the right time. Pg. 107

A comfort that comes in the right way. Pg. 108

It's extremely healthy for you to go beyond your own  
suffering and care about the emotional and  
spiritual needs of others too. Pg. 130

The comfort we need is GRACE-DRIVEN. That  
simply means that God is on a mission to  
engage us and help us do something we can  
never do on our own. Pg. 109



**Confess.**

If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. Pg. 39, 160

**Cross.**

Jesus personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. Pg. 160

The way of suffering. Pg. 22

**Culture.**

Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. Pg. 24-25

Warning.

Don't become so well-adjusted to your culture that you fit into it without even thinking. Pg. 24

**D**

**David.**

He trusted in the character of God. Pg. 108

He waited patiently for the Lord. Pg. 108

Music therapist, shepherd, king. Pg. 43

**Delight.**

Meaning Of.

To take delight in the LORD means that your heart is pliable like soft clay. Pg. 120

Take delight in the LORD, and he will give you your heart's desires. Pg. 116, 118

**Desire—Desires.**

Getting what we need from God is not just handing him a list of cosmic prayer requests. It is about having a RELATIONSHIP with Him. Pg. 119

### **Desire—Desires. (Continued)**

God's nature is one of giving you His very best. Pg. 116

God is at work in you making certain that His desires  
for you will become your desires too. Pg. 117

He is committed to you to help you receive your  
desires, fully embrace your God-inspired  
dreams, every one of them, in full measure.  
Pg. 121

Take delight in the LORD, and he will give you your  
heart's desires. Pg. 116, 118, 120

### **Depression.**

A comfort that comes at the right time. Pg. 107

Being ignored can lead to depression. Pg. 21

Fact.

Even Christians can become depressed. Pg. 108

Is like a pit of destruction. Pg. 107

Warning.

Depression is a dark companion to the human  
experience. Pg. 107

Self confidence can lead to depression. Pg. 1

### **Despair.**

From the depths of despair, we call out for His help.  
Pg. 39, 121, 132, 159

### **Destroy—Destruction.**

He brought me up out of the pit of destruction.  
Pg. 72, 106, 108, 109

### **Devil.**

Resist him by putting on the full armor of God.  
Pg. 23, 24

This is how you can stay alert, watch out for the devil,  
and stand firm against him. You live the Spirit-  
filled life and intentionally. Pg. 125, 129

### **Direct—Direction.**

God always *DIRECTS*. He never *DISTRACTS*. Pg. 139  
The Lord directs the steps of the godly. Pg. 134

**Discipline.**

Forgiveness is an essential spiritual discipline for the person who is serious about following Jesus.  
Pg. 38

The Lord's discipline is good, for it leads to life and health. Pg. 159

**Disease—Diseases.**

He forgives all my sins and heals all my diseases.  
Pg. 159

**Divorce.**

Promise. To protect my family from a divorce. Pg. 18  
The real reason people get divorced. Pg. xv

**Door, The.**

Christian Coffee House, a place for teaching and for prayer, and a place where musically talented young people would form groups and share their gifts with churches and schools all over the Southeast. Pg. 91, 92, 93  
The Reach Out Singers. Pg. 93

**Dreams.**

Broken dreams. Pg. 35  
Do dreams ever come true? Pg. 142  
He is committed to you to help you receive your desires, fully embrace your God-inspired dreams, every one of them, in full measure.  
Pg. 121  
Joseph interpreted dreams. Pg. 13, 30, 31, 32, 45, 46, 57, 58, 60  
Joseph was a dreamer. Pg. 13, 14, 45, 46  
Joseph's brothers hated him for his dreams and for his words. Pg. 13, 45

## **E**

### **Emotions—Emotional.**

Emotions are real. God values them so much that He made each one of us to be emotional. Pg. 141

The heart is the seat of emotions. Pg. 141

We can become emotional when we are experiencing a shift in the path we were once on. Pg. 141

Emotions will either seek to snatch complete control of our lives and trust we can stop the pain, OR these same emotions will follow the wooing of grace and God's love and empower us to trust in the Lord, with all our heart. Pg. 141

### **Employee.**

Duty.

Needs to also be on the alert on ways he or she can make a positive contribution to the emotional health of the organization. Pg. 58

Joseph was his father's "favorite" employee. Pg. 13, 46

### **Endure—Endurance.**

We are to run with endurance the race God has set before us. Pg. 7

### **Enemy—Enemies.**

Duty.

If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads. Pg. 21

Put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Pg. 23

Warning.

For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and

against evil spirits in the heavenly places.  
Pg. 23

**Eternal—Eternity.**

Everyone who believes in him will not perish but have eternal life. Pg. 117

**Ethics.**

It takes a strong inner conviction not to bend to what is “convenient” instead of embracing what is “correct.” Pg. 53

**Evil.**

Behavior. Pg. 155

Duty.

Do not fear evil. Pg. 113

Don’t let evil conquer you, but conquer evil by doing good. Pg. 21

Don’t repay evil for evil. Pg. 157

Resist the enemy in the time of E. Pg. 23

Kind of.

Authorities. Pg. 23

Rulers. Pg. 23

Servants. Pg. iv, 151

Spirits. Pg. 23

World. Pg. 160

Warning.

Do not do evil to your neighbor. Pg. 65

**Expectations.**

Example of failed expectations.

Joseph requested three things, three very reasonable requests. Pg. 59

It should be that a promise made should be a promise kept; but many times life just happens and we become tucked far away in the recesses of another person’s mind who has the “power” to bless us, but simply forgets...or chooses not to remember. Pg. 61

**Expectations. (Continued)**

More often than not, people will fail us; even those we think would not. Pg. 59

One of the most minimal expectations of friendship or a relationship is this: “you take care of your friends.” Pg. 27

Realistic expectations that are unrealized are some of the most challenging emotions to navigate.  
Pg. 33

The pain of unfilled E. Pg. 27

**F**

**Fair—Fairness.**

Fact.

Life is not fair; just ask Joseph...just ask Jesus.  
Pg. 60

**Faith.**

How real is your faith? Pg. 110

How to become strong in your faith. Pg. 130

Shield of faith. Purpose of. Pg. 23

The normal Christian life is a life of faith. Not a faith in your faith or a faith in your circumstances, but faith in the One who is the Author and Finisher of your faith. Pg. 130

**False Accusations.**

Warning.

Just because we do the “right” thing, it does not mean we are protected from slander and false accusations. Pg. 54

**False Shepherds.**

Warning. Pg. 94

**Family.**

Destructive actions. Pg. 11

Family matters. Pg. 10

Fact.

**Family. (Continued)**

We can always choose our friends. Our families  
are chosen for us. Pg. 10

**Favor.**

Fact.

It's never wrong to ask a friend for a favor if  
the friend has the capacity to do good to  
us. Pg. 32

God gave Joseph favor. Pg. 27, 55, 105

**Fear.**

God has not given us a spirit of fear and timidity.  
Pg. 119

Perfect love expels all fear. Pg. 119

**Feel—Feelings.**

God is greater than our feelings. Pg. 158

**Firm Foundation.**

After all of the slipping and sliding around trying to  
find your way, He will give you a safe place to  
land. Pg. 134

**Fisk, Carlton.**

Quote of.

*"It's not what you achieve, it's what you overcome.  
That's what defines your career."* Pg. 41

**Florence, SC.**

City in the heart of the Great Pee Dee. Pg. 17

**Forgive—Forgiveness.**

Because even though you are a sinner who failed to  
meet God's expectations, you can be forgiven  
and cleansed. Pg. 39

Because God is compassionate and merciful, you,  
through grace, have the capacity to love and  
forgive. Pg. 38

Because you are forgiven, you can forgive too. Pg. 39

## **Forgive—Forgiveness. (Continued)**

Forgiveness is an essential spiritual discipline for the person who is serious about following Jesus.

Pg. 38

Forgiveness Toolbox. Pg. 150

God has forgiven you and has cleared you of sin.

Pg. 155

He has removed our sins as far from us as the east is from the west. Pg. 38, 159

How many times should we forgive. Pg. iv, 151

Once you “*look the part*” you will then “*live the part*” and forgive those who have hurt you. Pg. 156

Prayer of Forgiveness. Pg. 40

Since God has forgiven you, use this Bitter Buster and forgive the person who has sinned against you.

Pg. 150

Sometimes we may not feel like saying “I forgive you” but God knows that. He is greater than our feelings. Pg. 158

Warning.

It’s important to remember why you need to forgive. It’s not about the offender. It’s about you. Pg. 38

It’s tempting to “keep score” when it comes to forgiveness. Pg. 152

No one wants to become bitter and suffer from a lethal cancer in the soul because love and forgiveness was not given, with no strings attached. Pg. 38

You must forgive others. Pg. 156

## **Forgotten.**

Reasons why.

It should be that a promise made should be a promise kept; but many times life just happens and we become tucked far away in the recesses of another person’s mind who has the “power” to bless us, but simply forgets...or chooses not to remember. Pg. 61



## **Forgotten. (Continued)**

Warning.

To be forgotten attacks the self-esteem of those who are forgotten: it translates as “I am not worth remembering.” Pg. 61

When you are ignored and forgotten the worst thing you can do is to harden your heart and allow the root of bitterness to spread throughout your soul. Pg. 34

## **Francis Bacon, Sir.**

Quote of.

*“We read that we ought to forgive our enemies; but we do not read that we ought to forgive our friends.” Pg. 26*

## **Free—Freedom.**

God is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. Pg. 160

Warning.

You were called to freedom, . . . only *do not turn* your freedom into an opportunity for the flesh. Pg. 56

## **Friend—Friends.**

Fact.

It’s never wrong to ask a friend for a favor if the friend has the capacity to do good to us. Pg. 32

Real friends care. Pg. 30

Real friends speak more than one language: what is *said* and what is *seen*. Pg. 30

We can always choose our friends. Our families are chosen for us. Pg. 10

Kind of.

Faithful. Pg. 40

Positive. Pg. 40

**Friend—Friends. (Continued)**

One of the most minimal expectations of friendship or a relationship is this: “you take care of your friends.” Pg. 27

**G**

**Garden City Chapel.**

Youth Retreat. 1974. Results of. Pg. 91

**Gentle—Gentleness.**

Clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Pg. 156

**Give.**

Meaning of.

The Greek word for “give” means to literally “throw.” It is like throwing a ball.  
Pg. 127

**God.**

Always *DIRECTS*. He never *DISTRACTS*. Pg. 139

Character of.

Do you trust in God’s character? Pg. 132

God’s nature is one of giving you His very best.  
Pg. 116

God is at work in you making certain that His desires for you will become your desires too. Pg. 117

Is good. Pg. 102

Is good at His Word. Pg. 92

The Lord is righteous in everything he does; he is filled with kindness. Pg. 131

Duty.

We need to learn how to be patient with God (give Him time to do His work in and around us). Pg. 114

## God (Continued)

Fact.

To give ALL of your worries and cares to God takes a tremendous amount of faith, courage and even more challenging, emotional and mental energy. Pg. 127

Getting what we need from God is not just handing him a list of cosmic prayer requests. It is about having a RELATIONSHIP with Him. Pg. 119

Give all your worries and cares to God. Pg. 125, 127

God causes all things to work together for good to those who love God, to those who are called according to His purpose. Pg. 49, 109

God has forgiven you and has cleared you of sin. Pg. 169

God has forgiven your guilt. Pg. 159

God is greater than your feelings. Pg. 158

God is kind to you. Pg. 131

God is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. Pg. 160

God pardons the guilt of the remnant. Pg. 160

He cares about you. Pg. 125, 128

He forgives all my sins and heals all my diseases. Pg. 159

He does not punish us for all our sins; he does not deal harshly with us, as we deserve. Pg. 38, 159

Learning how to be patient with God. Pg. 114

Never changes. Pg. 117

People who learn to be patient with God, release the levers of the need to be in control, and let Him be God are often the recipients of answered prayer and a deeper, more intimate walk with the Lord. Pg. 115

Seven timeless principles that will help you learn how to be patient with God.

I need to believe The Lord wants to give me the desires of my heart. Pg. 116

## **God (Continued)**

- I need to cease striving (quit trying so hard to make things happen in my own strength) and know that He is God.  
Pg. 121
- I need to be committed to the process of being patient with God. Pg. 121
- I need to look to the One who will supply ALL OF MY NEEDS from an account that will never become depleted. Pg. 123
- I need to pray more and worry less so I may experience peace in my heart and mind as I wait on Him to give me what I need. Pg. 123
- I need to seek God first instead of what I'm seeking for myself. Pg. 122
- I need to trust, without any reservation, in the Lord by waiting on Him and stay engaged in the process by actively serving Him. Pg. 122
- The best promises of God and the best choices I must make for my life journey. Pg. 124
- What kind of God do you serve? Pg. 131
- You may need a Bitter Buster for God too. Pg. 104

## **Good.**

Duty.

Don't let evil conquer you, but conquer evil by doing good. Pg. 21

## **Good Shepherd.**

The direction and love of the Good Shepherd. Pg. 125

## **Grace.**

Duty.

Get bold grace. Pg. 2, 3

Fact.

All of us are sinners, saved by His grace.  
Pg. 151

**Grace. (Continued)**

Grace says that God never wastes anything in our life—even the most difficult of things. Pg. 109

Is all you need. Pg. xiii, 24

God does not punish us for all our sins; he does not deal harshly with us, as we deserve. Pg. 38, 159

God is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. Pg. 160

One of the greatest gifts you can give to the person who “messes up” is a second chance. Pg. 153

The comfort we need is GRACE-DRIVEN. That simply means that God is on a mission to engage us and help us do something we can never do on our own. Pg. 109

The ultimate gift of grace that God gives you is the kind of Bitter Buster that does not excuse what they have done to you but it does give you the ability to completely trust God with your life. Pg. 154

Warning.

Be careful that none of you fails to respond to the grace which God gives. Pg. 19

**Gretzinger, Stephany.**

Composer. No One Ever Cared For Me Like Jesus. Pg. 128, 129

**Grudge.**

Forgive anyone you are holding a grudge against. Pg. 152

**Guilt.**

God has forgiven our guilt. Pg. 159

God pardons the guilt of the remnant. Pg. 160

## **H**

### **Habit—Habits.**

Negative habits.

Sometimes, when we are hurt, we tend to attract a lot of negative habits Pg. 155

### **Harmony.**

Live in harmony with each other. Pg. 89

### **Harry Lyles. Pg. 68, 72**

### **Harsh Words.**

Warning.

Get rid of them. Pg. 155

### **Heart.**

The heart is the seat of emotions. Pg. 141

### **Heart Attack.**

Even a massive heart attack in 1998 did not keep me from pressing on with the writings. Pg. 73

### **Holiday Festival Of Faith.**

A unity service held the final three days of each year, with each of Florence's largest churches hosting the service by sharing their packed sanctuaries with the faith community. Pg. 93

### **Honor.**

The connection between humility and honor.  
Pg. 89, 125, 126

### **Hope.**

I have put my hope in his word. Pg. 39, 159

### **Hubbard, Elbert**

*Quote of. "Work to become, not to acquire." Pg. 41*

## **Humble—Humility.**

Clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Pg. 156

Fact.

Humility goes a long way in a Church being healthy. Pg. 89

How is it possible to humble myself? It's easier than one might think: It's by grace. "God opposes the proud but gives GRACE to the humble" (1 Peter 5:5b). Pg. 126

Humility means I've got to come to the point in my life where I yield all control of my life. Pg. 126

The connection between humility and honor.  
Pg. 89, 126

Warning.

Pride is my confession that I can do much better than God with my life. Pg. 126

What am I humbling myself to?

I am humbling myself under the mighty power of God. There is no better place, no safer place, than to be under His mighty power. Pg. 126

What is more important is the PROCESS, as you walk in humility, in getting to the PROMISE. Pg. 127

## **I**

## **Ignore—Ignored.**

Damaged of being ignored. Pg. 21, 27

Example of being ignored. Pg. 27, 33

Warning.

When you are ignored and forgotten the worst thing you can do is to harden your heart and allow the root of bitterness to spread throughout your soul. Pg. 34

## **Influence.**

God gave Joseph favor in the sight of the chief jailer.  
Pg. 27, 28

**Influence. (Continued)**

In God's sovereignty, two former employees of Pharaoh, were placed in Joseph's care—a man who had instant credibility due to his own career working for an influential man. Pg. 57  
Like Potiphar, before a pagan unbeliever, the witness of Joseph and the Lord's blessing upon him had a great impact upon the chief jailer. Pg. 55  
The blessing of the Lord leads to a greater opportunity for influence. Pg. 51

**Inheritance.**

A good man leaves an inheritance to his children's children. Pg. 79

**Insight.**

Fact.  
Sometimes God will give us insight that will help others. Pg. 30

**Insult—Insults.**

Don't retaliate with insults when people insult you. Pg. 157

**Ishmaelites.**

Joseph was sold to them. Pg. 15, 47, 49

**J**

**JC Penney.**

Grateful to have a job. Pg. 71

**Jesus.**

By his wounds you are healed. Pg. 160  
Forgave. Pg. 10, 26, 41, 84, 102, 145, 156, 159, 160  
He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. Pg. 160



**Jesus. (Continued)**

Jesus gave his life for our sins, just as God our Father planned, in order to rescue us from this evil world in which we live. Pg. 160

Jesus loves us and has freed us from our sins by shedding his blood for us. Pg. 160

Was rejected. Pg. 2, 6

**Job.**

Was rejected. Pg. 1, 6

**John Maxwell Team.** Pg. 75

**Joseph.**

Because the Lord was with him, he was able to appropriate everything he needed, every time from the Lord. Pg. 4, 28, 50, 55, 106

Became a successful man. Pg. 105

Fact.

Because God is present, Joseph became a successful man. Pg. 50, 105

God was with him in the good times and He was there with Joseph in the pits of life. Pg. 106

He turned his brothers in because of the inadequate performance their work. Pg. 12, 45

He was the “favorite” employee. Pg. 46

His brothers hated him for his dreams and for his words. Pg. 13

His brothers were jealous of him. Pg. 11, 13, 46, 105

In spite of Joseph’s stellar work record and morally ethical life, he became the victim of a power struggle. Pg. 54

Joseph interpreted dreams. Pg. 13, 31, 32, 45, 46, 57, 58, 60

## Joseph (Continued)

- It was in God's sovereignty *how* Joseph got to where he was going (by way of the Ishmaelites, who had taken him down there). Pg. 49
- It was in God's sovereignty *where* Joseph landed a job (in Egypt). Pg. 49
- It was in God's sovereignty *who* Joseph worked for (Potiphar, the captain of Pharaoh's bodyguards). Pg. 49
- Likely questions for God. Pg. 105
- The Lord gave him favor. 27, 50, 55, 105
- The Lord made Joseph prosper.  
Pg. 28, 50, 55, 106
- The Lord was with him. Pg. 4, 5, 27, 28, 50, 55, 105, 106
- Was a career herdsman. Pg. 12, 45
- Was in business with his family. Pg. 12, 45
- Was no older than 17 years old. Pg. 11, 12, 45
- Had every "right" to be bitter. Pg. 5
- His career impacted and saved the world. Pg. 42
- Joseph was a dreamer. Pg. 13, 14, 45, 46
- Lost his job and was "transferred" to a new assignment, a cross-cultural one, in Egypt. Pg. 16, 48
- Used a Bitter Buster. Pg. 11, 16
- Warning.
  - Just because you might be "right" is never an excuse for you to lord it over others—it is pride. Pg. 13, 46
- Was rejected. Pg. 1, 6

## Journey.

The best promises of God and the best choices I must make for my life journey. Pg. 124

## Joy.

- Always be full of joy in the Lord. Pg. 123
- In his presence there is fullness of joy.  
Pg. 4, 81, 141, 143

**Judge—Judging.**

Warning.

Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Pg. 153

When we are wounded we may be tempted to retaliate and become the judge and jury too. Pg. 153

**K**

**Kingdom of God.**

Seek the Kingdom of God above all else.

Pg. 117, 123, 129

**Kind—Kindness.**

Clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Pg. 156

God is kind to you. Pg. 131

God is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. Pg. 160

**Knox Sherer.**

One of my significant mentors. Pg. 66

**L**

**Lament.**

Example of a Psalms of lament. Pg. 103

**Lay Renewal.**

Effects of. Pg. 93

First Presbyterian Church of Florence. Pg. 93

Historical review of the Lay Renewal and Revival of 1970. Pg. 91

Ruth Nelson.

Brought the spirit of the revival with her. Pg. 92

Moved to Florence in 1970. Pg. 92

## **Leader—Leadership.**

Fact.

Leadership roles are never to be seen as an entitlement but always as a stewardship that God assigns. Pg. 28

False Shepherds. Pg. 99

I was raised to trust leadership, but my worldview was shaken to the core by a spiritual leader who was supposed to take care of me, protect me, shepherd me. Instead, he abused me and countless others. Pg. 94

Leadership failure. Pg. 94

Quality Of.

A good supervisor will know what to look for in his or her team (i.e., are the people upbeat or depressed; motivated or apathetic; productive or failing to meet agreed upon goals; etc.) Pg. 58  
Joseph not only “cared” for the prisoners, he also valued them by listening to them.  
Pg. 58

## **Lewis, C.S.**

Quote of.

*There are far, far better things ahead than any we leave behind.* Pg. iii

## **Lie—Lying**

Fact.

One day, some way, every lie gives way and is exposed to the power of the truth.  
Pg. 15

Warning.

It never does anyone any good to dilute the truth. Lying, even “white lies” are never the answer when giving an answer to a direct question. Pg. 33

**Listen—Listening.**

Value Of.

Joseph not only “cared” for the prisoners, he also valued them by listening to them.

Pg. 58

**Living Above The Fray.**

A huge part of my journey since I wrote “Living Above The Fray” has been building up a rising wave of movement with a “Word from God” to my heart. Pg. 124

My book on leadership written in 2012. Pg. 99

**Love.**

Clothe yourselves with love, which binds us all together in perfect harmony. Pg. 156

God himself has taught you to love one another.

Pg. 131

Love, reaffirmed love, is a much better approach than heaping burning coals of judgment and rejection by withholding love. Pg. 156

Withholding love. Damage of. Pg. 21

You shall love your neighbor as yourself. Pg. 56

**M**

**Manager.**

Quality Of.

A good supervisor will know what to look for in his or her team (i.e., are the people upbeat or depressed; motivated or apathetic; productive or failing to meet agreed upon goals; etc.) Pg. 58

**Master of Divinity (MDiv) degree. Pg. 67**

**Maya Angelou.**

Quote of.

*When people show you who they are believe them.*

Pg. 26

**Mercy.**

Clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Pg. 156

**Misery.**

Misery that is non-redeemable and sends you into a downward spiral of loneliness does you no good at all. Pg. 130

We can choose to stew in our own misery. Pg. 38

**Montreat, NC.**

Anderson Auditorium. Pg. 93

Every year during the July 4<sup>th</sup> week The Reach Out Singers would be the musical guests for the Presbyterian Family Life Conference. Pg. 93

**Moral—Morals—Morality.**

It takes a strong inner conviction not to bend to what is “convenient” instead of embracing what is “correct.” Pg. 53

**My Quality Life Plan.**

Seven stages of that integrates “being” with “doing” (who I am, my story, my purpose, my motives, who am I trying to reach, my plan for them when I do reach them, and then what I want them to become). Pg. 63

**N**

**Need—Needs.**

God who takes care of me will supply all your needs from his glorious riches. Pg. 123

**Neighbor.**

Duty.

You shall love your neighbor as yourself. Pg. 56

**Norway South Carolina.** Pg. 64

## O

### **Obsolescence.**

Feelings of rejection. Pg. 6

Planned. Pg. 6

### **Orphan—Orphans.**

Pure and undefiled religion in the sight of our God and Father is this: to visit orphans and widows in their distress, and to keep oneself unstained by the world. Pg. 79

## P

### **Patient—Patience.**

Clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Pg. 156

Duty.

To wait patiently for the Lord.

Pg. 106, 107, 108, 121, 132

We need to learn how to be patient with God (give Him time to do His work in and around us). Pg. 125, 126

Seven timeless principles that will help you learn how to be patient with God.

I need to believe The Lord wants to give me the desires of my heart. Pg. 116

I need to cease striving (quit trying so hard to make things happen in my own strength) and know that He is God. Pg. 121

I need to be committed to the process of being patient with God. Pg. 121

I need to look to the One who will supply ALL OF MY NEEDS from an account that will never become depleted. Pg. 123

I need to pray more and worry less so I may experience peace in my heart and mind as I wait on Him to give me what I need. Pg. 123

**Patient—Patience. (Continued)**

I need to seek God first instead of what I'm seeking for myself. Pg. 122

I need to trust, without any reservation, in the Lord by waiting on Him and stay engaged in the process by actively serving Him. Pg. 122

The Lord wants to give me the desires of my heart. Pg. 128

**Path.**

Duty.

Get on the right path. Pg. 3

Fact.

Everyone is on a different path and God will get you there, one way or another.  
Pg. 33

He will make know to you the path of life.  
Pg. 4, 81, 141, 143, 144, 149

He will make your paths straight. Pg. 111

Lord of the Path. Pg. 81

Of life. Pg. 4, 81, 141, 143, 144, 149

PROCESS is the means where we discover the real reason for the PATH. Pg. 143

What do you do when the path begins to shift? Pg. 137

Warning.

The path is drudgery unless we trust. Pg. 142

**Peace.**

Attempt to live in peace with everyone. Pg. 21

God will give you a place of peace. Pg. 134

His peace will guard your hearts and minds as you live in Christ Jesus. Pg. 123, 124

I need to pray more and worry less so I may experience peace in my heart and mind as I wait on Him to give me what I need. Pg. 123

**Pee Dee.**

A region in South Carolina. Pg. 17



**People.**

Fact.

People don't really want to know how much you know but want to know how much you care. Pg. 29

Sometimes God places people in front of us who need to be cared for, no matter how *they and we* got there. Pg. 29

Hurt people hurt people because they have not been healed by the Lord. Pg. 156

Kind of.

Positive. Pg. 40

Warning.

You rarely know what other people are thinking about you and the kinds of plans they want to impose upon you. Pg. 14

**Perspective.**

Duty.

Get God's perspective. Pg. 2

**Persist—Persistent.**

Duty.

Be persistent in your prayers for all believers everywhere. Pg. 23

**Pit.**

Promotion From The Pit: Praising God When It Hurts. Pg. 106

**Please—Pleasing.**

God is working in you, giving you the desire and the power to do what pleases him. Pg. 118

**Pleasure—Pleasures.**

At His right hand are pleasures forevermore. Pg. 4, 81, 141, 143

**Power.**

Be strong in the Lord and in his mighty power. Pg. 23

**Power. (Continued)**

He gives power to the weak and strength to the powerless. Pg. 122, 127

In the end, all things are political and are founded on power. Pg. 54

Stewardship Of.

Power can be used for good or for harm. The chief cupbearer used his power for his good and not for Joseph's good. Pg. 61

You will receive power when the Holy Spirit comes upon you. Pg. 86

**Powerbroker.**

How one handles power when one has all of the power in the room. Pg. 42

Stewardship Of.

Power can be used for good or for harm. The chief cupbearer used his power for his good and not for Joseph's good. Pg. 61

**Praise—Praising.**

Praising God When It Hurts. Pg. 106

**Pray—Prayer.**

Don't worry about anything; instead, pray about everything. Pg. 123, 134

Duty.

Be persistent in your prayer for all believers everywhere. Pg. 23

Pray in the Spirit. Pg. 23

Stay alert. Pg. 23

Fact.

Answered prayer. Pg. 115

One of the greatest blessings a believer can experience is to become an answer to someone else's prayer. Pg. 30

**Pray—Prayer. (Continued)**

Getting what we need from God is not just handing him a list of cosmic prayer requests. It is about having a RELATIONSHIP with Him. Pg. 119

I need to pray more and worry less so I may experience peace in my heart and mind as I wait on Him to give me what I need. Pg. 123

Prayer of Forgiveness. Pg. 40

We can expect to have a thriving prayer life IF our horizontal relationships are clean. Pg. 152

When to pray.

At all times. Pg. 23

On every occasion. Pg. Pg. 23

**Presbyterian Family Life Conference.**

In Montreat NC. Pg. 93

**Presence.**

Be thankful you did not have to depend on your own understanding to enjoy His presence. Pg. 141

In His presence there is fullness of joy.

Pg. 4, 81, 141, 143

It is God's presence in our lives that others should see. Pg. 50

**Pride.**

Antidote for. Pg. 88

Warning.

Don't think you are better than you really are. Pg. 89

Just because you might be "right" is never an excuse for you to lord it over others—it is pride. Pg. 13, 46

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**Prisoner. (Continued)**

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It's the journey of life. It's important to go from SAD to GLAD. It's a gift of grace. Pg. 103  
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God has forgiven you and has cleared you of sin. Pg. 155

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He forgives all my sins and heals all my diseases.

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This is how you can stay alert, watch out for the devil, and stand firm against him. You live the Spirit-filled life and intentionally. Pg. 125, 129

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**Story—Stories.**

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Fact.

The Lord never wastes a moment of our time  
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Is everything. Pg. 114

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Do not slander with your tongue. Pg. 65

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We can never judge our difficult circumstances at work as a “bad” thing when it is the very thing God uses to work out His plan for our life. Pg. 55

## **Trust.**

Duty.

Trust in the Lord with all your heart.

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I need to trust, without any reservation, in the Lord by waiting on Him and stay engaged in the process by actively serving Him. Pg. 122

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**Understand—Understanding.**

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Meaning of.

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The career where God calls us to work and have a job  
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Who you are, not what you do. Pg. 42

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**W**

**Weak—Weakness.**

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His power works best in weakness. Pg. xiii, 24

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He gets greater glory when He  
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Even in the most challenging times, the Lord is  
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There is no better strategy to embrace of seeking his  
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Comfort to Change to Challenge. Pg. 137

We can never judge our difficult circumstances at work  
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We have to trust the process while we wait for His will.  
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**Willow Swamp Baptist Church.**

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The career where God calls us to work and have a job is the application of our vocational call. Pg. 64

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**Worry—Worries. (Continued)**

Do not worry about everyday life. Pg. 122

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Give all your worries and cares to God. Pg. 125, 127,

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God's Word was the focal point and not any of the personalities mentioned in this book. We believe we have far surpassed our goal with this Scripture index where there are over 140 different passages of Scripture (and some are used more than once) with noted page numbers for easy reference.

*“The whole counsel of God, concerning all things necessary for his own glory, man's salvation, faith, and life, is either expressly set down in scripture, or by good and necessary consequence may be deduced from scripture: unto which nothing at any time is to be added, whether by new revelations of the Spirit, or traditions of men.”*  
—*Westminster Confession of Faith*

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~ *Sola Scriptura* ~

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## HOW YOU CAN HAVE A RELATIONSHIP WITH JESUS

### ✓ GOD LOVES YOU AND HAS A WONDERFUL PLAN FOR YOUR LIFE

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. **Jeremiah 29:11 (NIV)**

### ✓ AS A RESULT OF MAN GOING HIS OWN WAY AND REJECTING GOD, A CHASM, A GREAT DIVIDE, HAS COME SEPARATING A JUST AND HOLY GOD FROM SINFUL MAN

for all have sinned and fall short of the glory of God, **Romans 3:23 (NIV)**

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. **Romans 6:23 (NIV)**

### ✓ GOD SENT HIS SON, HIS PERFECT SON TO BECOME OUR SACRIFICE. HE WHO IS SINLESS TOOK UPON HIMSELF OUR SINS, OFFERING TO RESTORE OUR BROKEN RELATIONSHIP WITH GOD, BRIDGING THE GAP BETWEEN GOD AND MAN

We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.

**Isaiah 53:6 (NIV)**

The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!" **John 1:29 (NIV)**

- ✓ GOD HAS GIVEN EACH MAN A CHOICE EITHER TO ACCEPT THE FREE GIFT OF SALVATION AND LIVE FOREVER OR TO REJECT HIS GRACIOUS GIFT AND SPEND ETERNITY FOREVER SEPARATED FROM GOD

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. **John 3:16 (NIV)**

<sup>12</sup>Yet to all who received him, to those who believed in his name, he gave the right to become children of God-- <sup>13</sup>children born not of natural descent, nor of human decision or a husband's will, but born of God. **John 1:12-13 (NIV)**

**Essential Spiritual Growth Resources from  
Something New Christian Publishers  
and Quality Leadership Consultants**

**Websites, Newsletter, and Blogs:**

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[www.thequalitydisciple.com](http://www.thequalitydisciple.com) links to [dennybates.com](http://dennybates.com).

[www.qualityleadershipconsultants.com](http://www.qualityleadershipconsultants.com) links to [dennybates.com](http://dennybates.com).

[www.thequalitydisciple.blogspot.com](http://www.thequalitydisciple.blogspot.com) is the teaching blog for Psalms of Discipleship.

[www.facebook.com/denny.bates](https://www.facebook.com/denny.bates) is my portal to social networking.

*Dr. Denny Bates and Quality Leadership Tips For You* is my newsletter. Featured leadership articles, devotional thoughts, and a menu of coaching and book resources.

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**Books:**

Other titles from the Quality Discipleship Series:

- ❖ How To Study And Apply The Bible To Your Life (PDF Book only)
- ❖ Growing Up...Practical Bible Studies For New And Growing Christians (PDF Book only)

- ❖ Psalms of Discipleship: A One Year Journey With The Shepherd (Kindle or printed copy)
- ❖ Christmas Meditations of Worship: Four Weeks of Advent (Kindle or printed copy)
- ❖ Living Above The Fray: Learning The Seven Healthy Leadership Principles That Will Shelter You From The Destructive Effects Of Leader-I-Tis (Kindle or printed copy)
- ❖ My Spiritual Life Plan: Creating An Effective Spiritual Life Plan For The Quality Disciple (Kindle or printed copy)
- ❖ Living Above The Fray Leadership Assessment: The Coaches Guide For Leading With Quality In Mind (Kindle or printed copy)
- ❖ Building A Christian Community Of Friends: Four Practical Studies On Biblical Friendships (Kindle or printed copy)
- ❖ Changing Places: Understanding The Process Of Transition. (Kindle or printed copy)
- ❖ Life-Of-Ogy: Mastering The Study Of Your Life, Your Team, Your Profession and Your Customers (Kindle or printed copy)
- ❖ Growing In Greatness: *31 Living Legacy Principles From the Proverbs For the Quality Leader (Proverbs 1:1-5:14), Volume 1* (Kindle or printed copy)
- ❖ Quality Wisdom For A Modern Age: The Wisdom Book Of Proverbs (Kindle or printed copy)
- ❖ How To Have A Really Good Day With The GOS-PILL During Times Of Crisis: 31 Days Of Inspiration (Kindle or printed copy)
- ❖ The Fine Art Of Experiencing Quality Relationships: 31 Intentional Days Of Thoughtful Treasures From Proverbs That Will Transform The Heart (Kindle or printed copy)
- ❖ How To Build A Better Business By The Proverbs: 31 Intentional Days Of Best Practices That Will Lead To Your Success (Kindle or printed copy)

- ❖ Bitter Busters: How Bitter Busters Can Set You Free From Becoming Bitter Against Family, Friends, Career, Church and God.” (Kindle or printed copy)

### **Retreat Journals:**

- ❖ The Power – Broker’s Guide To The Kingdom
- ❖ Four Legacies For A Life Change
- ❖ Three Commitments That Change A Life
- ❖ Growing In Grace: A Fresh Look At Biblical Discipleship
- ❖ Adding Quality To Your Life

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Here a few of my Help Me Write My Story clients. Please check them out on Amazon.

- ❖ “Touched by Him: A Man Who Said Yes To Jesus” by Harry F. Lyles as told to Dr. Denny Bates (Something New Christian Publishers)
- ❖ “I’m Just Rebeckah Wilhelmina And I Found A Way Out” by Rebeckah Wilhelmina (Healthy Curves Count Publishers)
- ❖ “The Blue Duck: Learning How To Discover Your Competitive Edge And Celebrate The Uniqueness Of You” by Sandra Mason (Younique Publishers)

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- ❖ “My Life: Then And Now: Won’t He Do It” by Karen Calhoun (KMJC Publishers)
- ❖ “More Than A Seed: The Yearn For God’s Children To Accept, Grow, And Fight” by Akayla Frazier (Changed Legacy Publishing)
- ❖ “Life-Sustaining Hope” by Dr. Patrick Hunt (M2E Motivational Consulting)
- ❖ “How The Puppy Learned To Cherish Life by Dr. Patrick Hunt (M2E Motivational Consulting)
- ❖ “Take the Soap” by Bryan Braddock, Byon “kNOw Ca\$h” McCullough as told to Dr. Denny Bates (Take The Soap Publishers—Coming soon)





What is your story?



## Help Me Write My Story (HMWMS)

[www.HelpMeWriteMyStory.com](http://www.HelpMeWriteMyStory.com)

**HELP ME WRITE MY STORY** is a highly relational, process-driven, professional service that empowers an aspiring author to produce a personal memoir that is shared in a self-published book (including Kindle too). **HELP ME WRITE MY STORY** helps you to focus on this acrostic:

**H** = **Heartfelt** (The best place to begin writing your story is in the **HEART**)

**M** = **Memories** (If you do not **WRITE THEM DOWN** you will eventually **FORGET** many of them)

**W** = **Well-spoken** (To tell your story you've got to be a **CLEAR COMMUNICATOR** so you will be understood)

**M** = **Motivational** (It's important for you not to only share with your readers how **CHALLENGING** your circumstances may have been but it's even more important to share how you faced your obstacles and got through them **SUCCESSFULLY**)

**S** = **Strategic** (Your story will most likely not speak to everyone, but it will speak to **SOMEONE**, so it's important to know **WHO** you are seeking to influence the most and why)

I believe that our lives are the sum of many stories filled with adventures, wonders, disappointments, successes, tragedies, victories, and mysteries. Our **STORIES**, all of them, have the necessary components for a lasting legacy.

Your story is a **GIFT** to others. Your life is a **STEWARDSHIP**. Your story matters because **YOU MATTER**. Your story needs to be **SHARED** with and **REMEMBERED** by those who need to **KNOW** your story.

That said, many **STORIES** never go beyond the back of our minds and fade away forever. And that is why I am writing to you. I want to help you **WRITE YOUR STORY**.

**IMAGINE** for a moment what you could do with **YOUR STORY** in the **FORM** of a **BOOK**:

- **YOUR STORY**, in the form of a quality published book, becomes something tangible and is in your hands.
- **YOUR STORY** can give encouragement to others, especially to your family, friends, and customers/clients, and even to people you will unlikely ever meet in this life.
- **YOUR STORY** contains your legacy and will always be there, even after you are long gone, influencing future readers.
- **YOUR STORY**, in the form of a book, will be the perfect and unique item for you to give away or sell, creating a new revenue stream.
- **YOUR STORY** can serve as a mentor to help the person who wants to learn how to apply the life lessons you experienced.

**YOUR STORY** matters to you and **YOUR STORY** matters to me too.



## **What is HELP ME WRITE MY STORY?**

HELP ME WRITE MY STORY coaches the author client through each creative phase of writing a book:

- How to create the Big Story Idea
- How to create a *Write My Story Time Line*
- How to do great research
- How to create a strong outline of chapters and subchapters
- How to use creative words to paint vivid mental and emotional images
- How to tell your story in an interesting way
- How to write strong chapter summaries
- How to create of book title and subtitle that resonates with the reader
- How to create a book front and back cover that catches the reader's attention
- How to write back cover copy
- How to take an author's story to the finished product in print and in Kindle formats.
- How to use the power of social networking to promote your story

## **Who needs HELP ME WRITE MY STORY?**

HELP ME WRITE MY STORY can be a great resource for the person who . . .

- Wants to write their story but need practical instruction, intentional coaching and accountability.
- Wants to make sure their story, their legacy, is preserved in a format so family members and friends will remember and be inspired by their story.
- Wants to use their story as a way to open doors of future opportunities for even greater influence.
- Wants a personal product to either sell or gift to others.
- Wants the rewarding satisfaction of having a professional copy of their personal story.

### **How does HELP ME WRITE MY STORY work?**

Each writing project has its own unique set of challenges, but I've sought to present three different packages and pricing levels. All five are dependent upon the pace, progress, and extraordinary challenges of the book.

### **There are five Story Coaching service levels of**

#### **Help Me Write My Story\*:**

*\*In addition to the fees for each package, a reduced monthly payment plus a percentage of the royalties is an alternative form of payment. Ask Dr. Bates for the details.*

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# QUALITY LEADERSHIP CONSULTANTS

PROFESSIONAL COACHING, CONSULTING,  
AND TEACHING

*Presenting **Q**uality Ideas;  
Producing **Q**uality Leaders*



## Introducing Dr. Denny Bates

Professional Life, Business Coach, Teacher, Writer,  
Speaker And Consultant

**Why is it important for you to have a professional  
quality life coach and leadership trainer?**

It has been said, “Experience is the best guide in life.” The truth is *guided experience* is the best guide! Time, money, and emotional energy can be saved by linking up with a person who already understands where you are, where you want to go and has a good grasp on how to lead you there in a positive way.

## **What kind of guided experience do I offer?**

Seasoned in both the market place and non-profit settings, I can offer you and/or your organization Quality Leadership coaching tracks with a relational emphasis. For instance: Personal Growth, Communication Skills, Building Healthy Relationships, Career Counseling / Job Performance, Life Transitions, Organizational Health; and for faith-based individuals and/or organizations, Spiritual Growth. My practical experience in both for-profit and non-profit settings, coupled with my academic and professional training, affords me the ability to offer you unique Quality Leadership services.

*The* JOHN MAXWELL **Team**

AN INDEPENDENT CERTIFIED COACH, TEACHER AND SPEAKER  
WITH THE JOHN MAXWELL TEAM



My friend John Maxwell says,

*“Everything rises and falls on leadership”*

## **As a Leadership Specialist, I can help YOU in the marketplace!**

- ✓ With years of experience working as a manager in the marketplace, I know what it takes to create a healthy organization. I can train your leaders and employees in effective teamwork and communication.
- ✓ I know how to help business leaders practice the kind of self-care that not only benefits them personally, but also adds value to the company.
- ✓ I know how to help a management team build a culture that places great value on integrity and success.
- ✓ I can help you and your leaders set reasonable goals and show you the tools to help you reach each one.
- ✓ I can help you reproduce your values, vision and passion in the lives of others.
- ✓ I can help you sharpen your leadership skills in a group coaching setting or one to one. As a professional life coach and leadership trainer, I can offer you the finest coaching and training resources available today as a certified coach, teacher and speaker for the John Maxwell Team.





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*What does a Disciple-Making Ministry look like?  
It looks like . . .*

# SOMETHING *new*

*"Do not call to mind the former things, or ponder things of the past; Behold, I  
will do something new . . ." Isaiah 43:18, 19a*

- Is a ministry that focuses upon making Quality disciples for Jesus
- Is a ministry that encourages believers to connect in community and experience the disciplined life
- Is a ministry that seeks to help other body of believers to learn how to live the disciplined life through seminars, workshops, keynote speaking and interactive coaching

Contact Dr. Denny Bates for more information on how you and your church can create a culture of DiscipleMakers4Jesus

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# What Others Are Saying About My Leadership Coaching And Discipleship Via DiscipleMakers4Jesus (DM4J)

*I know and have worked with Denny Bates for more than a decade. Denny now serves as a leadership trainer and coach. It is my pleasure to recommend Denny as a valuable and trusted resource for leadership training and coaching. In addition to earning his doctoral degree in leadership, Denny is also an independent certified coach, teacher, and speaker for The John Maxwell Team. I believe you and your organization will benefit from his knowledge of what leaders need in order to grow as a leader. You will appreciate Denny's relational approach to leadership training and his ability to connect with people. Dr. Bates offers workshops, seminars, keynote speaking, and coaching ... aiding your personal and professional growth through study and practical application of John Maxwell's leadership methods. **(President and CEO of Regional Hospital)***

*Just wanted to let you know how much our time of coaching and leadership development has meant to me. Every time I am faced with a challenge I try to walk thru the Grace tree of wisdom. You set the example every day of the man of God I want to be. Thank you! **(Corporate Manager of Medical Services)***

*[I've learned] to keep the main thing the main thing!! To take care of the people that God puts in front of me everyday. **(Sales Manager of automotive dealership)***

*Denny has been my friend, pastor, colleague, mentor and confidant for almost 10 years. During this time, Denny has led me through tough waters, given me wise counsel and taught me practical ways to live out my faith while falling more in love with my Savior. **(Youth Pastor)***

*Other than my own father, Denny has been my most trusted friend and spiritual mentor. Denny's discipleship has been truly transforming and helped me to realize the importance of investing in others as he has invested in me. **(Medical Device Consultant)***

*I treasure my relationship with Denny because we share a common heart to help people discover all that Christ wants to do in and through them. (Disciple-Making Missionary to Eastern Europe)*

*I have known Denny for many years and have had the privilege to work with him on the same pastoral staff for over 5 years. During that time I have sought Denny's counsel on many issues ranging from personal struggles to theological questions. Denny has always provided me with poignant, gracious and thoughtful counsel. They say that everyone should have a mentor and I am blessed to be able to consider Denny my mentor. He has been an invaluable asset in my life and ministry. (Clinical Counselor)*

*My relationship with Denny has been personal, honest, and Christ-centered. Denny's common sense approach to the issues of life is always soundly based on scriptural principles. I remember discussing with Denny how I felt that I needed to do so much service for the Lord because of all the times I had failed Him. Denny gently said to me, "It's all about grace". I was reminded that there is no 'payback' plan for the Lord. (Pastor)*

*Having a group of peers who candidly discuss the awesome responsibility that each carries as a servant and hearing how God has responded so richly to our needs clearly demonstrates how marvelous is our God, who works in each of our lives to do His will. (Hospital Vice-President in a discipleship group for executives)*

*Denny and I have known each other for nearly fifteen years, we bonded shortly after he had his heart attack because of an illness I had years prior – Guillain-Barre Syndrome – that made me more aware of the right priorities I should have in life. Through this episode and having children similar in age we bonded in a unique and special way rarely achieved between men. Approximately one year ago I lost my job as a senior executive at a large international company that I had been with 26 years, during the transition period of me finding another job Denny was an extreme encouragement to me. During a time when I was wrestling between accepting a position or not and I will never forget what Denny told me "You can just accept it as God's providential care". He was right! I later humbly accepted the position as President & Chief Operating Officer for a Subsea Oilfield Manufacturing company. (Corporate Executive)*

*Denny has been a teacher / mentor / discipler / encourager / prayer partner and great friend who God has used to help me keep a godly perspective on the different times & issues of life I've gone through as I've seek to follow Jesus. Once while praying with Denny through a career move, he encouraged me to think of the gifts & skills I had and then ask what I had a passion for, and then to ask God to show me how they can fit together. From this I learned to stop putting these gifts & skills in a "Box" and limiting what God could do with them, and use them for. For the first time, as I now work for a non-profit Christian organization as a warehouse manager, I feel I'm using the gifts and abilities God has given me to fulfill His purpose at something I really have a passion for! **(Former market place worker, now Missionary who is impacting the world)***

*Denny met with me at 7 a.m. every Friday for a year. He came to me knowing he would receive my weekly burdens. This is not the way any of us would choose to begin our day. He does not judge nor do I ever feel judged. He is one of the most selfless and giving person I have ever met. This is easy to say because I know he is just a man. His obedience to God sets him apart. He taught me to live by grace, be long suffering, and love my wife regardless of my excuses. **(Medical Worker, Physical therapist assistant)***

*Through a lifestyle of disciple making, Denny Bates has shown me what it truly means to live out Matthew 28: 19, 20. **(Educator)***

*I've heard it said that on this side of eternity that there are only two things that you can be certain of: death and taxes. I'm certain of three things; the first two and that I have a friend in Denny Bates! I asked God at the beginning of my ministry to bring solid men into my life that would disciple me, teach me and hold me accountable. Denny has been an extreme answer to that prayer. **(Church-planting Pastor)***

*Dr. Denny Bates opened my eyes to the power of small groups. He showed me what a true mentor really is. I will be forever grateful for his leadership, friendship, and love! **(Videographer)***

*Practical application of God's teachings by normal, everyday family men such as myself; that's what DM4J means to me. Listening to and sharing the innumerable ways the Lord touches the lives of each and every man in this group is not only uplifting, but inspiring. From the greatest trials to what might seem trivial,*

*God has a plan and a purpose for it all. The value of DM4J to me is immeasurable. (Pharmacist)*

## *About Dr. Denny Bates*



Dr. Denny Bates is Principal Consultant for Quality Leadership Consultants, founder of Something New Christian Publishers, Something New Ministries and The Quality Disciple, Life Coach for iHope Christian Care and Counseling, adjunct faculty mentor in the Columbia Biblical Seminary online Doctor of Ministerial Leadership program, and a founding member of the John Maxwell Team of certified coaches, speakers, and trainers. He has earned degrees from Francis Marion College [B.S.] and Columbia Biblical Seminary and School of Missions [MDiv, DMin]. With a doctoral degree in personal and organizational leadership, he is well equipped to serve as teacher, life coach, mentor, disciplemaker, motivational speaker and writer for his own leadership and personal growth titles as well as helping others write their stories\*

Denny has written for an international publisher of Bible commentary, served as the Discipleship Pastor in the local church, as well as being a leader in the marketplace by creating the social networking brand #Aisle31. By God's grace, he seeks to live above the fray and "Press on!" Visit **[www.dennybates.com](http://www.dennybates.com)**.

\*See [www.HelpMeWriteMyStory.com](http://www.HelpMeWriteMyStory.com) for this custom service.

## *About Reeves Cannon*

***MA, LPC, BCPCC***



Reeves is passionate about marriage and family relationships. He believes that the family is an integral part of a healthy society and he has devoted much of his professional life to working with families within a counseling context. Reeves started his professional counseling work at the Church at Sandhurst where he started a professional counseling ministry. He continues to serve at Sandhurst as the Executive pastor while also working at the iHope center as a professional counselor. Reeves is certified in both Prepare-Enrich and SYMBIS, which are the leading pre-marriage and marriage assessments in the industry. He is a member of the American Association of Christian Counselors (AACC) and also a Board Certified Professional Christian Counselor (BCPCC). Reeves specializes in working with couples, men, and adolescents within the context of the family.

Reeves is married to his beautiful wife Rebecca and they have three children. Together, they worship at the Church at Sandhurst in Florence, SC.



## *About iHope Christian Care And Counseling*

### **MISSION STATEMENT:**

To bring hope and healing to the community through professional counseling and care rooted in biblical principles.

The vision of iHope Christian Care and Counseling, Inc. is to be a distinctly Christian counseling center serving individuals, families, couples, and ministry leaders with affordable counseling and care. We are committed to offering hope and healing through Jesus Christ. As Christian counselors, we are called to bind up the brokenhearted, proclaim freedom for the captive, and comfort those who mourn. iHope desires to be an extender of the local church, offering counsel to those going through a season of difficulty. We are a support and resource for local pastors and for our community. Many people desire counseling and healing offered through Jesus Christ, but they do not know where to turn, cannot afford counseling, or are unaware of available resources. iHope is intended to be a resource within reach of anyone who wants help.

### **CORE VALUES**

iHope operates by five core values. These values guide our counseling work, education, and interactions with the community and are grounded in Scripture.

- **Christ-centered**

*Remain consistently true to the Gospel of Jesus Christ and his Word in Scripture*

*John 15:1-8*

- **Kingdom-minded**

*Engage with the local church to care for and connect clients to the body of Christ*

*Acts 2:42-47, Romans 12:4-5*

- **Ethics, Integrity, and Excellence**

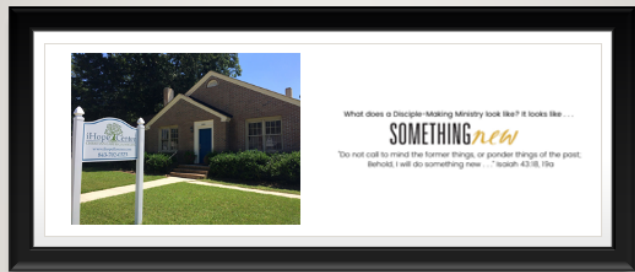
*Maintain the ethical standards of the American Association of Christian Counselors, practicing with integrity and competency*  
*Proverbs 11:3, Proverbs 28:6, 1 Peter 3:16*

- **Accessibility**

*Be a resource within reach of anyone who needs help.*  
*Philippians 2:5-8, Galatians 6:2, Proverbs 22:9*

- **Whole-Person Care**

*Serve and care for each person's holistic health – spiritual, mental, relational, physical, and emotional health and wellness.*  
*Matthew 22:36-39, Matthew 14:14-21*



**BIBLICAL COUNSELING & BIBLICAL TEACHING:  
THE PERFECT PARTNERSHIP**

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<https://ihopeflorence.com>

## Praise For Bitter Busters:

Denny teaches us in this book that a bitter spirit can happen to any of us if we aren't careful. Anything from unresolved anger, unforgiving attitudes, resentment, jealousy, disappointment are just some of life's struggles that cause us to plunge us into bitterness. We must hold God close to our hearts and learn the Word of God to overtake our bust our bitterness. We must come back to our Lord when bitterness overtakes our hearts.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." Thank you to my Lord and Denny for busting my bitterness ❤️

Kim Lanier, BSN, RN  
Director of Heart and Vascular Day Hospital & Recovery  
Director of Cardiac and Pulmonary Rehabilitation

### \*\*\*NOTE TO MY READERS!\*\*\*

Thank you for reviewing this sample of Bitter Busters. As you have had time to read through it I'd be honored to have you share a brief testimonial about Bitter Busters (You may refer to Kim's example above to guide you.) Please send your review to my email at [dennybates@gmail.com](mailto:dennybates@gmail.com)