



Faith and Love C.O.G.I.C
Bible Band

Lesson 7 October 14, 2025
DELIVERANCE FROM
BITTERNESS

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Background Reading:

- ❖ 1 Samuel 1:10
- ❖ Acts 8:23
- ❖ Romans 3:14
- ❖ Hebrews 12:15
- ❖ Colossians 3:13-15

Devotional Reading:

- ❖ 1 Samuel 1:2-19

Background Reading

1 Samuel 1:10 And she was in bitterness of soul, and prayed unto the Lord, and wept sore.

Acts 8:23 For I perceive that thou art in the gall of bitterness, and in the bond of iniquity.

Romans 3:14 Whose mouth is full of cursing and bitterness:

Hebrews 12:15 Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;

Background Reading

Colossians 3:13-15

13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

14 And above all these things put on charity, which is the bond of perfectness.

15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

Devotional Reading

1 Samuel 1:2-19

2 And he had two wives; the name of the one was Hannah, and the name of the other Peninnah: and Peninnah had children, but Hannah had no children.

3 And this man went up out of his city yearly to worship and to sacrifice unto the Lord of hosts in Shiloh. And the two sons of Eli, Hophni and Phinehas, the priests of the Lord, were there.

4 And when the time was that Elkanah offered, he gave to Peninnah his wife, and to all her sons and her daughters, portions:

5 But unto Hannah he gave a worthy portion; for he loved Hannah: but the Lord had shut up her womb.

Devotional Reading

1 Samuel 1:2-19

- 6** And her adversary also provoked her sore, for to make her fret, because the Lord had shut up her womb.
- 7** And as he did so year by year, when she went up to the house of the Lord, so she provoked her; therefore she wept, and did not eat.
- 8** Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? am not I better to thee than ten sons?
- 9** So Hannah rose up after they had eaten in Shiloh, and after they had drunk. Now Eli the priest sat upon a seat by a post of the temple of the Lord.

Devotional Reading

1 Samuel 1:2-19

10 And she was in bitterness of soul, and prayed unto the Lord, and wept sore.

11 And she vowed a vow, and said, O Lord of hosts, if thou wilt indeed look on the affliction of thine handmaid, and remember me, and not forget thine handmaid, but wilt give unto thine handmaid a man child, then I will give him unto the Lord all the days of his life, and there shall no razor come upon his head.

12 And it came to pass, as she continued praying before the Lord, that Eli marked her mouth.

13 Now Hannah, she spake in her heart; only her lips moved, but her voice was not heard: therefore Eli thought she had been drunken.

Devotional Reading

1 Samuel 1:2-19

14 And Eli said unto her, How long wilt thou be drunken? put away thy wine from thee.

15 And Hannah answered and said, No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the Lord.

16 Count not thine handmaid for a daughter of Belial: for out of the abundance of my complaint and grief have I spoken hitherto.

17 Then Eli answered and said, Go in peace: and the God of Israel grant thee thy petition that thou hast asked of him.

Devotional Reading

1 Samuel 1:2-19

18 And she said, Let thine handmaid find grace in thy sight. So the woman went her way, and did eat, and her countenance was no more sad.

19 And they rose up in the morning early, and worshipped before the Lord, and returned, and came to their house to Ramah: and Elkanah knew Hannah his wife; and the Lord remembered her.

Central Verse

Ephesians 4:31

“Let all bitterness and wrath, and anger and clamour, and evil speaking be put away from you and all malice.”

INTRODUCTION

Many people have gotten hurt or been wounded, misunderstood, and mistreated through no fault of their own, and these actions have left them very bitter towards others. A wounded person can become a dangerous person because they tend to strike out and wound others because of their hurt and bitterness. They have allowed a root of bitterness to take hold in their heart.

INTRODUCTION

"The root of bitterness" becomes a very destructive force in their lives toward other people. This bitterness is like a spiritual cancer eating away at their lives, and when left unattended, it can destroy their lives as well as the lives of others around them. It's like a poison that is allowed to be loose in a person's circle of friends.

In Acts 8:23, Peter talked to Simon about what was in his heart when he offered them money for the power of God and let him know that he was in the "gall of bitterness and in the bond of iniquity." Simon became distraught and asked Peter to pray for him that none of the things he had spoken would be upon him. He did not want to be full of bitter jealousy and held captive by sin.

DISCUSSION

The believer must bring some things in his life under control to prevent them from spreading and wreaking havoc in his life or in the lives of those around him. Bitterness can be sneaky and subtle, sneaking its way into a person's spirit and hiding. It can be like a hidden force that can undermine a person's joy and their relationship with God and with others.

Bitterness is like a silent invader that causes disruption within a person's heart. It hides because that enemy does not want to be recognized and cast out through forgiveness and faith. But believers must acknowledge that it is there and embrace freedom through forgiveness, which will transform that bitterness, frustration, and resentment into peace.

DISCUSSION

Sometimes it's very difficult for one to relinquish control of their emotions and allow themselves to embrace forgiveness, giving and receiving, or surrender so that they can receive deliverance, but it is something that must be done. Part of the tragedy concerning bitterness is the fact that it spreads like a germ in a daycare center. If one child has a cold, then nine times out of ten, if there is any interaction among the children, all of them will have a cold. For bitterness has a root that spreads to others, and they become infected with whatever one believer has.

DISCUSSION

The story of Hannah tells the story of a woman who had both negative and positive things going on in her life. She lived during a time when it was permissible for a man to have more than one wife. She had a husband who loved her and provided very well for her. Her husband enjoyed spending time with her because he allowed her to travel with him to the Temple. But she was barren, and this was a disgrace to a Jewish woman. The other wife had children, and this tormented her.

DISCUSSION

She was a woman of prayer, so she went to God in prayer about her circumstances, asking Him for a son. It was a very heavy burden that she carried, but she carried it to the right source. I don't know if she knew that it was God who had shut up her womb, but it was God who opened her womb. She was bitter in the soul; for her mind, her thoughts, her passions, and her complete soul were sad, hurt, disappointed, angry, frustrated, and burdened because her womb was shut up. But after thanking God for the mercy and grace that He extended to her, God not only gave her a son, but other children as well. God does "exceeding above all that we can ask or think" (Ephesians 3:20).

DISCUSSION

God has made provision for every believer to be delivered, and He has made provision for all men to be victorious, but sometimes the believer must do something, just like Hannah did: she made up her mind that she was going to seek God until He let her know that He had heard her cry and that He was answering her.

She sought God through praying so much that she was drunk in the Spirit and the priest thought that she was drunk with wine. She had gotten ahold of God and was determined not to let go until she received her deliverance. Sometimes, believers must be just that determined when they realize that bitterness is about to destroy them if God doesn't do something for them.

CONCLUSION

Believers must deal with their emotions. When they experience contrary feelings coming up in their spirits, they must stop and deal with these feelings. Jesus asked the man, "Will thy be made whole?" (John 5:6). You must want deliverance for yourself and do what you are supposed to do, then let God do the rest.

CONCLUSION

My mother used to say, "If you want to be a sweet old man or woman, you must be a sweet young man or woman." So, if a person is in bitterness of soul, he must deal with his soul. A believer must let go of the need to be right, assess their situation, and be honest about what is really going on inside of themselves. They must speak the truth about themselves, watching for every opportunity to be delivered and set free, even in their souls. Do not give in to the devil, and do not allow freedom to dissipate right before your eyes. Let go of pride and humble yourself, and God will do the rest.

ESSENTIAL THOUGHT

**Many times, deliverance is only a
prayer away.**

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NEXT LESSON

October 21, 2025

Lesson 8

Trusting God in Perilous Times