

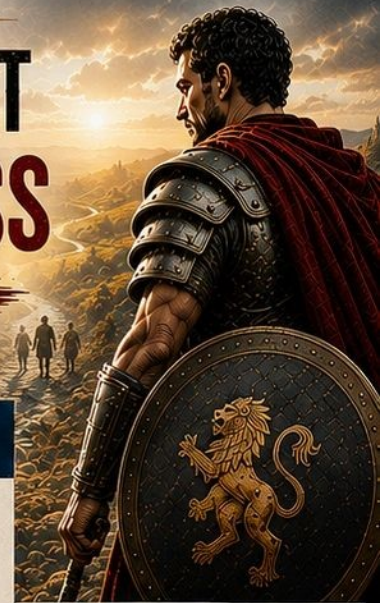


THE MEASURED WARRIOR FIELD MANUAL WORKSHEET

ENEMY WEAPON: BITTERNESS

THE BATTLE FOR FREEDOM

RECOGNIZE THE THREAT. UNDERSTAND THE BATTLE. CHOOSE GOD'S RESPONSE.



BATTLEFIELD BRIEFING	ENEMY WEAPON	CASUALTY	BIBLICAL BATTLE
 Bitterness takes root when we hold on to hurt, disappointment, or injustice. It poisons our hearts, steals our joy, and keeps us in prison. Bitterness blinds us to God's goodness and blocks the freedom He offers in forgiveness and restoration.	 BITTERNESS Satan's Strategy: • Stir up past hurts and disappointments. • Encourage resentment and replay the offense. • Justify unforgiveness and self-pity. • Isolate from others and from God. • Replace hope with anger and despair. • Keep us from walking in freedom and joy.	 • Hardness of heart • Broken relationships • Loss of joy and peace • Spiritual bondage • Distrust and suspicion • Missed blessings • Generational impact • Freedom stolen	 NAOMI'S STORY RUTH 1-4 Naomi faced deep loss, pain, and disappointment. She could have stayed bitter, but instead she chose to trust God. With faith and hope, she returned to Bethlehem, mentored Ruth, and saw God bring redemption and joy. Bitterness left her, and freedom came through faith and love.

WARRIOR TRAINING



MEASURED FREEDOM

Choosing to forgive releases bitterness and opens the door to God's freedom.

Freedom comes when we release the past and trust God with our future.

A free warrior is quick to forgive, slow to take offense, and focused on God's goodness.

True freedom is walking in God's love and peace.

FIELD EXERCISE	FORMATION QUESTION	COMMANDER'S PRAYER
 1 EXAMINE – What hurts or disappointments am I still holding? 2 CONFESS – Bring my bitterness to God honestly. 3 FORGIVE – Choose to forgive those who have wronged me. 4 RELEASE – Give the hurt to God and let it go. 5 FOCUS – Look for God's goodness and thank Him daily. Record what you learned and how you will apply it.	 WHO AM I BECOMING? Am I becoming a person who holds on to hurt and resentment? Or am I becoming a Measured Warrior who forgives, trusts God, and walks in freedom? My answer: _____	 Lord, set me free from bitterness. Heal the hurts of my heart and teach me to forgive. Help me trust You with justice and let go of the past. Fill me with Your peace and joy as I walk in the freedom You have given. Use me to bring encouragement and hope to others. In Jesus' name, Amen.



"THE LORD IS NEAR TO THE BROKENHEARTED
AND SAVES THE CRUSHED IN SPIRIT."

PSALM 34:18

