

“OVERCOMING THE SPIRIT OF BITTERNESS”

PART 3

(HEALING THE BROKENHEARTED)

BIBLE STUDY: UNDERSTANDING HOW GOD DELIVERS US FROM THE BONDAGE OF BITTERNESS.

OBJECTIVE: STUDY AND EXAMINE GODLY PRINCIPLES TO EQUIP YOU TO OVERCOMING BITTERNESS.

KEY SCRIPTURES: HEBREWS 12:15/EPHESIANS 4:31

PROVERBS 17:25/ PROVERBS 14:10/ PROVERBS 4:23/

PSALM 34:18

CURING THE BITTER HEART



A BITTER SPIRIT CAN HAPPEN TO ANY ONE OF US IF WE AREN'T CAREFUL. A BITTER ROOT CAN GROW SUBTLY IN OUR HEARTS LONG BEFORE THE FRUIT OF IT RISES TO THE SURFACE. UNRESOLVED ANGER, AN UNFORGIVING ATTITUDE, RESENTMENT, JEALOUSY, AND CONTINUED DISAPPOINTMENT ARE JUST A FEW OF LIFE'S STRUGGLES THAT CAUSE US TO PLUNGE INTO BITTERNESS. THERE IS A REMEDY FOR THE BITTER SPIRIT—IT'S THE HEALING BALM OF THE WORD OF GOD. TAKEN IN SMALL DOSES OVER A PERIOD OF TIME CAN RELEASE THE TORTURED SOUL TO KNOW LOVE, JOY, AND PEACE FROM THE HOLY SPIRIT.

John 16:33

“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.”

WHEN BITTERNESS ATTEMPTS TO TAKE OVER OUR HEARTS, WE NEED TO CIRCLE BACK TO OUR LORD AND REMEMBER THAT HE OVERCAME THE WORLD. WHILE THE LORD HAS PROMISED US THAT HE WILL NEVER LEAVE US—HE NEVER PROMISED THAT LIFE WOULD BE EASY. MANY TIMES LIFE DOESN'T SEEM FAIR AND WE ARE TEMPTED TO GIVE OVER TO BITTERNESS. TRIALS AND DIFFICULTIES WILL PASS AWAY, BUT GOD'S GRACE IS GIVEN IN ABUNDANCE FOR THOSE WHO LEAN AND TRUST IN HIM THROUGH THE TOUGH TIMES OF LIFE.

Psalm 51:10

“CREATE IN ME A PURE HEART, O GOD, AND RENEW A STEADFAST SPIRIT WITHIN ME”

BITTERNESS IS NEVER GOOD FOR ANYONE, BUT ESPECIALLY FOR THOSE WHO ARE IN THE FAITH. GIVING OUR HEARTS OVER TO BITTERNESS MEANS THAT WE HAVE RESISTED THE PROMPTINGS OF THE HOLY SPIRIT. THE LORD WILL REVEAL THE SINFULNESS OF BITTERNESS IN OUR HEARTS AND COMPEL US TOWARDS SEEKING HIS HEALING AND FORGIVENESS. WE AREN'T STUCK IN BITTERNESS AS LONG AS WE RECOGNIZE OUR FAILINGS, REPENT, AND HUMBLE OURSELVES TO RECEIVE A NEW SPIRIT FROM THE LORD.



Bitter or Better?

“EACH HEART KNOWS ITS OWN BITTERNESS, AND NO ONE ELSE CAN SHARE ITS JOY.” (PROVERBS 14:10).

EACH OF US HAS A CHOICE TO BECOME BETTER OR BITTER IN OUR LIFETIME. THE BETTER IS THAT GOD LOVES, FORGIVES, AND MAKES A WAY FOR HIS PEOPLE TO ESCAPE BITTERNESS. THE BITTER IS A LIFETIME WASTED IN REGRET AND ANGER—BURDENED AND BURDENING OTHERS. WE WERE CREATED FOR MORE. WE WERE BORN AGAIN TO CONQUER THE WORLD, SATAN, AND THE FLESH THROUGH THE GRACE OF GOD. BE FREE TODAY FROM BITTERNESS AND BE BETTER!

WHEN I FEEL MY HEART HARDENING AND BITTERNESS STARTS TO CREEP IN, THE FIRST THING I MUST DO IS HUMBLY TURN TO GOD. I REMIND MYSELF THAT I CAN NOT KNOW THE INTENTIONS OF HUMANS AND THAT A HARDENED HEART LEADS ONLY TO MORE PAIN DOWN THE ROAD. THERE ARE TIMES MY HEART HARDENS BECAUSE I DON'T EVEN KNOW THAT I AM HARBORING SIN THERE. LEFT UNATTENDED, A HARDENED HEART TAKES ME DOWN A PATH VOID OF EMPATHY, AND LACK OF EMPATHY LEADS TO PLACING MY OWN WANTS AND DESIRES ABOVE THOSE OF OTHERS. THAT

ATTITUDE BEGINS TO BREAK DOWN RELATIONSHIPS AND DESTROY WHAT GOD HAS INTENDED FOR GOOD.

ONCE I CAN HUMBLY TURN TO GOD AND CONFESS THAT I AM STRUGGLING, I NEED TO ASK FOR GUIDANCE AND STRENGTH. THE BOOK OF PSALMS GIVES US A READY-TO-GO PRAYER. IF YOU'VE NEVER PRAYED SCRIPTURE, NOW'S THE PERFECT TIME TO START. WHEN I LACK THE WORDS, I GO TO THIS PSALMIST'S PRAYER AND REPEAT IT AS MY OWN:

“INVESTIGATE MY LIFE, O GOD, FIND OUT EVERYTHING ABOUT ME; CROSS-EXAMINE AND TEST ME, GET A CLEAR PICTURE OF WHAT I'M ABOUT; SEE FOR YOURSELF WHETHER I'VE DONE ANYTHING WRONG — THEN GUIDE ME ON THE ROAD TO ETERNAL LIFE” (PSALM 139:23-24 MSG).

I DON'T STOP AT PRAYER. WHEN I FEEL MY WALLS GOING UP, WHEN I FEEL MY HEART HARDENING TOWARD OTHERS, I SEEK OUT OPPORTUNITIES THAT WILL STRETCH AND GROW ME. AND MAKE A COMMITMENT TO GET UNCOMFORTABLE.

