



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

New Spirit Radio - Playlist - 04-26-26 - Letting Go Of Bitterness

Wise Words

- "Bitterness and unforgiveness block the flow of God's blessing in your life and actually hinder your prayers." - Victoria Osteen

"Fighting bitterness can be a full-time job." - Ira Sachs

Our Words of the Week

- **Ephesians 4:31-32 - 31** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **32** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

- **Colossians 3:13 - 13** Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Super Blessed Music Set

- Anne Nesby & Jasper Street Company - Praisin' His Name
- Elements Of Life, Jasper Street Co. - Stand On The Word (DJ Spen - Gary Hudgins Radio Edit)
- Soulfunky, Libby Redman, One Voice Gospel Choir - His Blood (Has Set Me Free) (DJ Spen - Gary Hudgins Remix)
- Hezekiah Walker - Let's Dance (E-Smoove Vocal Stomp)
- Aaron K. Gray, DJ Gomi - Celebrate Your Life (DJ Spen - Charles Dockins Remix)
- Randy Roberts, DJ Spen, Thommy Davis - The Question Is (Original Extended Mix)
- Earnest Pugh - Bless His Name
- Kem, Muzikman Edition - Jesus (Muzikman Edition Blood Of Jesus Remix)
- Fred Hammond - Keep on Praising (Junior White Remix)
- Connie Harvey - Thank You Lord (City Soul Project and B-O-D Remix)
- Yolanda Adams - Open My Heart (Steve Silk Hurley Remix)
- The Wayouts - Surrounded (Honeycomb Vocal Mix)

AI's Affirmations

- I choose to let go of resentment towards others
- I move forward by letting go of what no longer serves me.
- As I learn from unfortunate situations, it transforms bitterness into wisdom.

Let Us Pray -

Lord, I come to you today, acknowledging the bitterness and resentment that have taken root in my heart. I know that these emotions are destructive and harmful to my soul. Lord, help me to release the hurt, the pain, and the anger that have a hold on me. Lord, guide me in my thoughts, words, and actions. Help me to live a life that reflects your love and compassion, and to offer healing and restoration to others. I trust in your promises, and I know that with your help, I can overcome bitterness and live a life of peace and joy. In Jesus' name, I pray. Amen."

