

Wednesday Word 10/1/2025

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

I will never forget the first argument Naomi and I had as a married couple. We had been married for two days and were on our way to Venice, Italy for a honeymoon. We had rented a small apartment in the city and were instructed to call the owner from the airport in Copenhagen before we got on the flight to Venice. I was not used to international travel, and I had to exchange my American money for Danish Krone coins to use the phone. I changed the money and had no idea what coins the phone required. Naomi and I had been traveling all night and were exhausted. We started bickering about which coins to use and we got so annoyed with one another that she just walked away and fell asleep on a nearby bench. I finally asked a local and was able to get the call through and get instructions. We made it to the next leg of our trip and arrived in Venice just fine.

The incident seems like a lifetime ago (24 years ago to be exact) and so much life has happened since then it makes that argument seem so silly. With all the serious issues that arrive on the doorstep of any marriage, Naomi and I have learned not to allow the small things to become big things that create chaos and division in our lives.

Bitterness is a tool of the devil. He influences our emotions and thoughts to build walls between relationships in our lives based upon situations that cannot be changed. We allow the pride of being right or the pride of finding fault in another person to create an internal friction that installs a barrier that can last for years-even a lifetime.

How many times have we held bitterness in our hearts over issues that are extremely small in the grand scheme of things? In some cases, we were in fact wronged but the Lord calls us to let those things go. While there are some instances where it is not wise to reconcile that relationship fully, it is always our responsibility to forgive.

Do you have any relationships or situations where bitterness has taken root in your heart? If so, pray for courage and humility to let forgiveness rule your mind and soul in that situation. Bitterness can lead to unforgiveness and unforgiveness keeps our hearts hard not only toward others, but toward God. The Holy Spirit will give you the righteous strength to forgive and the wisdom to navigate the situation after.

Let's consider these things this week.

I love you and God loves you!

Pastor Eric Lundberg