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50 Facts About Bitterness

Dr Emmanuel Marboah

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50 FACTS ABOUT BITTERNESS

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AUTHOR NOTICE

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50 Facts About

BITTERNESS

Guiding the ‘Pure In Heart’’ from the traps of bitterness, and rescuing the embittered from the cage of bitterness.

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Dr. Emmanuel Marboah

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DEDICATION

To Elder Lydia Appiah, Seed of Christ Ministry, Headquarters, Kumasi, Ghana.
May God bless you for your uncommon hospitality.

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The following persons, ‘’Rev. Fred Addai, Rev. Benjamin Ahimah, Rev. Frimpong Boadu, Evangelist Mrs. Lydia Akoto, Elder Akoto Kwarteng, Elder Tewiah Stephen, Frank Osei, Frederick Ofosu Boateng (Bosco), Duah Ike, Idrisu Dramani.” The rest are: Kwaku Asamoah, Millicent Appiah, Gloria Fletcher, Mensah Margaret, Afful Osei Samuel and Frank Frimpong deserve a resonating mention for their dedicated and sacrificial service in the Sunday school department of Seed of Christ Ministry, headquartered in Kumasi, Ghana. Keep up the good work of educating fellow Christians on sound biblical doctrines and stories. God bless you!

INTRODUCTION

The Oxford Advanced Learners' dictionary describes or defines a bitter person as one who is full of anger, jealousy and unhappy feelings, because they think that they have been badly treated or unfair things have happen to them.

Unlike prayer, healing, deliverance, giving, prosperity, Holy Spirit etc, the subject of bitterness is not often discussed in our various local churches. However, the writer of the book of Hebrews describes it as one of the deadliest sins, which deserves all the attention to deal with. Thus it reads from Hebrews 12:15, ''Looking carefully lest anyone falls short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.''

I should state that because I do not have the luxury of space under this introductory section, I would only share the three main consequences of bitterness with you from within the context of the above quoted scripture in an expository order, whiles I leave the details thereof to be captured in the various nuggets in the body.

Falling Short of God's Grace

This first statement means that the sin of bitterness is capable of making one fall short of the grace of God. In other words, bitterness can actually kick its victims out of God's grace and subsequently make them lose their place or salvation in Christ. This is how dangerous bitterness could be. That is why we are constantly admonished in the bible to avoid being embittered against our fellow human beings in all circumstances.

Causing of Troubles

We should understand that anytime bitterness is allowed or given the space to develop its root in us, it then causes us many troubles, because it has the potential to do so. In a sense that bitterness can make you emotionally vulnerable and unstable. It can also make you lose your best friend, marriage, happiness etc.

A lot of victims of bitterness have committed murder, suicide, genocide etc. For instance, in 1Samuel 13:20-29, we are told of how Absalom killed his blood brother (Amnon) under the influence of bitterness. Do not be bitter, because bitter people most often find themselves in diverse troubles in life.

Causing Spiritual Defilement

According to the book of Hebrews, bitterness defiles us in spirit. In other words, it makes us impure in heart. In Matthew 5:8, Jesus says, ‘’Blessed are the pure in heart, for they shall see God.’’ What Jesus means here is that the impure in heart are spiritually blinded with hidden sins which include bitterness, and therefore cannot see God. It would interest you to know that the prayers of many Christians are unable to attract the long-expected answers from God, because in the first place, they have lost contact with God, because bitterness brings separation between God and man.

I pray that you would find this material as a master piece on the subject matter, to help safeguard against the spirit of bitterness in every sphere of life. God bless you!

Nugget 1

The best time to deal with bitterness is now, because delaying would only water and nurture it to take deep roots in both your spirit and character, whereby it becomes more difficult to deal with.

Looking carefully lest anyone falls short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.

Hebrews 12:15

_____

Nugget 2

Never accommodate bitterness in your matrimonial home, because it is one divisive tenant that can separate a married couple by miles of distance while still living together under one roof.

With all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.

Ephesians 4:2-3

Nugget 3

The moment one becomes possessed with the spirit of bitterness, their facial beauty begins to dwindle, because bitter persons find it very difficult to smile but easy to wear different long, moody and ugly faces.

A merry heart does good, like medicine, but a broken spirit dries the bones.

Proverbs 17:22

Nugget 4

The spirit of bitterness has rendered many Gospel ministers spiritually burn out, ineffective, and for that matter boring in the pulpit. This is because bitterness blocks the anointing from flowing into one's life.

If I regard iniquity in my heart, the Lord will not hear me.

Psalm 66:18

Nugget 5

To be embittered means to be under the influence of one or more of the following poisonous elements of carnality. Such as hatred, jealousy, anger, unforgiving spirit, murder, negative thoughts, hard-heartedness etc.

Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies.

Galatians 5:19-20

Nugget 6

Bitterness makes one grow older than their age, because it is a cancer that eats up and diminishes both the soul and spirit; and the body being the house in which the soul and the spirit reside, shall also be affected in the process of time.

Return, O Lord, deliver me! Oh, save me for your mercies' sake!

Psalm 6:4

Nugget 7

One serious thing about bitterness is that in certain cases, the offender was not even aware about the fact that they had offended someone, because probably their action was not intentional in the first place.

Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.

Ecclesiastes 7:9

Nugget 8

With time, the sin of bitterness could become as infectious as the disease of leprosy in the family, whereby it is passed on as a legacy to your descendants through the family-tie, even from one generation to another, because bitterness is a spirit.

Be angry, and do not sin" do not let the sun go down on your wrath, nor give place to the devil.

Ephesians 4:26-27

Nugget 9

Bitterness is a mind-poisoning agent. That is why bitter persons can practically kill, especially those who entertain or accommodate it for long. This is because the more one harbours bitterness, the more poisoned they become mentally.

Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.

Genesis 4:8

Nugget 10

Bitterness is a time-wasting agent, because it keeps one busily thinking about painful memories which do not add to their total wellbeing but rather subtract from them wastefully.

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Ephesians 5:15-16

Nugget 11

Bitterness slowly weakens its victims emotionally by denying them of their, ‘inner strength’ to express love towards not only their enemies or offenders, but also to their loved ones, because bitterness and love are always at loggerheads.

Let brotherly love continue.

Hebrews 13:1

Nugget 12

One of the characteristics of bitterness is the fact that it is often resident in silence, but very difficult to control when it has finally broken the silence. This is because bitter persons could explode as powerful as ‘timed bomb’ at the slightest provocation.

Whoever has no rule over his own spirit is like a city broken down, without walls.

Proverbs 25:28

Nugget 13

Bitterness is a very powerful and dangerous spirit, because it has the spiritual tendency of rendering its victims ‘widely open’ to demonic depression, oppression and eventual possession. Beware!

Now whom you forgive anything, I also forgive. For if indeed I have forgiven anything, I have forgiven that one for your sakes in the presence of Christ, lest Satan should take advantage of us; for we are not ignorant of his devices.

2 Corinthians 2:10-11

Nugget 14

Bitterness is one of the strongest anti-prayer forces, which has hindered the prayer answers of many including staunch Christians and anointed men and women of God. And yours would not be an exception if you harbour bitterness in your heart.

If I regard iniquity in my heart, the Lord will not hear.

Psalm 66:18

Nugget 15

If you fail to deal with bitterness early, then bitterness would deal with you early and send you to your early grave, because in some cases, the venom of bitterness can kill as fast as killer diseases like: cholera, ebola etc.

Another man dries in the bitterness of his soul, never having eaten with pleasure. Job 21:25

Nugget 16

Some schools of thought believe that it is spiritually prudent to stay away from bitter preachers, because such are emotionally unpredictable in the pulpit, and can release poisonous words at the least provocation. The choice is yours, but first be prudent applying this particular nugget, because it is sensitive and controversial.

Where there is no counsel the people fall; but in the multitude of counselors there is safety.

Proverbs 11:14

Nugget 17

You may be the most ‘innocent person’ on earth. However, you could become the ‘worst criminal’ on earth if you harbour bitterness in your heart, because the spirit of bitterness works hand in hand with the spirit of murder. As a matter of fact, they are business partners.

Therefore let him who thinks he stands take heed lest he falls.

1 Corinthians 10:12

Nugget 18

People who are emotionally sick and dying slowly due to bitterness, can only receive a Divine intervention to be healed of their sicknesses after when they have released bitterness out of their hearts through forgiveness, or else, they would keep on dying slowly and painfully.

For if you forgive men their trespasses, your heavenly Father will also forgive you. ‘’But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Matthew 6:41-15

Nugget 19

Many potential and energetic young people are laughing at the wrong side of their mouths in prison. This is due to the fact that they failed to deal with bitterness in time, but rather got exploded emotionally and reacted wrongly in the end.

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, oven as God in Christ forgave you.

Ephesians 4:31-32

Nugget 20

When the bitter deposit their gift in the offering basket, though their local church receives it, but God who is in heaven rejects it, because bitterness makes their offering/gift, ‘strange and unworthy’ on God’s Holy Altar.

Therefore if you bring your gift to the altar, and there remember that your brother has something against you, “leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

Matthew 5:23-24

Nugget 21

It is impossible to harbour bitterness against your spouse and still enjoy a maximum sexual satisfaction with her/him. This is because bitterness generates emotional ill feelings, which is capable of spoiling your sex life, for sexual satisfaction has more to do with the emotional contact than the physical contact.

Catch us the foxes, the little foxes that spoil the vine, for our vine have tender graves.

Song of Solomon 2:15

Nugget 22

A good friend is as precious as gold, which is hard to find, but unfortunately, many have lost this precious gift for several times in their lives due to bitterness.

A man who has friends must himself be friendly, but there is a friend who sticks closer than a brother.

Proverbs 18:24

Nugget 23

Bitterness keeps one's sins, 'freshly remembered' in the sight of God. This is simply because bitterness is a function of long standing unforgiveness in the heart. And remember that no level of unforgiveness can be forgiven in the sight of God.

For if you forgive men their trespasses, your heavenly Father will also forgive you. 'But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Matthew 6:14-15

Nugget 24

One of the surest ways to deal with bitterness is to pray in love for the person(s), who have offended you, because a love-filled prayer is the most powerful force that which the spirit of bitterness cannot resist. Love surpasses all.

But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.

Mathew 5:44

Nugget 25

In certain cases, a victim of bitterness would have to go through a mature counselling and spiritual ministration in order to be really free from the clutches of bitterness, especially if the victim is completely possessed with the spirit of bitterness.

Where there is no counsel the people fall; but in the multitude of counselors there is safety.

Proverbs 11:14

Nugget 26

Bitterness is what makes one lose their sense of biological belonging with their blood relations by considering them as enemies, and would strike them, ‘dead’ at the least given chance.

Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.

Genesis 4:8

Nugget 27

Another sure way to deal with bitterness is by being strong-willed or firmly decisive to say a capital, ‘NO’ to bitterness no matter the gravity of the offence committed against you, because you can never avoid being offended, but you can avoid being embittered.

Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him?” Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.

Mathew18:21-22

Nugget 28

Never allow bitterness get the best part of your emotions, or else, you will soon be pushed into a corner, whereby you would have no other choice than to react wrongly and suffer the consequences thereof.

Whoever has no rule over his own spirit is like a city broken down without walls.

Proverbs 25:28

Nugget 29

Bitterness is one spirit that has not only single-handedly killed the true romance in many marital homes, but has also plunged them into the state of unhealthy silence and its accompanying grave consequences in marriage.

So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate."

Matthew 19:6

Nugget 30

Bitterness makes it more difficult for its victims to rise to their full potential in life, because bitterness always exchange one's joy with the depression of spirit and soul, which is capable of making them, 'mentally too weak' to perform well in life.

....*Do not sorrow, for the joy of the Lord is your strength.*

Nehemiah 8:10b

Nugget 31

Here comes one of the statements which bitter people often make, i.e. I have decided that I will say nothing about anyone or anything anymore in this place. Keep in mind that this sensitive, blanket statement is one of the forerunners of the spirit of bitterness especially in organizations.

Repent therefore of this your wickedness, and pray God, if perhaps the thought of your heart may be forgiven you. "For I see that you are poisoned by bitterness and bound by iniquity."

Acts 8:22-23

Nugget 32

The longer one keeps their grievances unexpressed, the more embittered they could become, but the more they are able to express your grievances, the lesser embittered they could become, because the expression of grievances helps bring self-deliverance from the spirit of bitterness.

Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.

Matthew 18:15

Nugget 33

A deliberate attempt to offend people, especially loved ones could be too expensive to afford in future, because offences are always pregnant with seeds of bitterness, which are capable of giving birth to passionate enemies overnight.

A brother offended is harder to win than a strong city, and contentions are like the bars of a castle.

Proverbs 18:19

Nugget 34

When offended to the point whereby it feels humanly impossible for you to forgive, then you need to fall on the Spirit of Christ in prayer to make you ‘emotionally capable’ to forgive your offender(s), or else, your heart will be perpetually pierced through with the thorns of bitterness.

I can do all things through Christ who strengthens me.

Philippians 4:13

Nugget 35

Never allow under achievement in life make you feel bitter against anyone who has a better achievement than yours, but rather remember that just as all the fingers are equal in size, so are the divine graces and natural talents in us as individuals.

And to one he gave five talents, to another two, and another one, to each according to his own ability; and immediately he went on a journey.

Matthew 25:15

Nugget 36

Believe it or not, ‘’bitter Christians cannot make it to heaven no matter how long they may have been in Christ, because bitterness is a work of the flesh, and therefore cannot inherit the kingdom of God.’’ Being embittered means being denied of your Heaven visa.

Envy, murders, drunkenness, revelries, and the like; of which I tell you before hand, just as I also told you in time past, that those who practice such things will not inherit the kingdom.

Galatians 5:21

Nugget 37

When offended, it is better to meet with your offender(s) and amicably tell them your peace of mind and save your heart from the claws of bitterness than to keep an unforgiving silence and suffer the consequences later.

Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.

Matthew 18:15

Nugget 38

An emotional injury caused by bitterness could be as deep and painful as not wanting to see the offender(s) again for the rest of your life. That is why you must make a cautious effort to resist bitterness, or else, you will end up being perpetually revengeful.

LORD God, to whom vengeance belongs. O God, to whom vengeance belongs, Shine forth!

Psalm 94:1

Nugget 39

It is unfortunate that many Christians are far distant from God by being embittered, because God has not answered their prayers in their own time. This is because the more one becomes embittered, the farther the distance between them and God.

Wait on the LORD; be of good courage, and He shall strength your heart; wait, I say, on the LORD!

Psalm 27:14

Nugget 40

Those who cannot stand the sight of other people's success find it too difficult to rejoice with them over the same success. This eventually plunges them into the cage of jealousy and later become bitter in life.

Rejoice with those who rejoice, and weep with those who weep.

Romans 12:15

Nugget 41

The fact that you have suffered several disappointments from friends, colleagues, siblings, parents, pastors etc does not give you any moral right to become bitter against any of them. This is because in life, everyone suffers one form of disappointment or the other at one point in time. Learn to always expect less from men and more from God.

Thus says the LORD: "cursed is the man who trusts in man and makes flesh his strength, whose heart departs from the LORD.

Jeremiah 17:5

Nugget 42

If your partner can leave you during the period of courtship, then it pre-supposes that he or she can as well leave you when married. That is why you shouldn’t waste your precious time in harbouring bitterness against your ex-partner, because it is not worth it, but rather thank God for rescuing your future from the wrong choice.

In everything give thanks; for this is the will of God in Christ Jesus for you.

1Thessalonias 5:18

Nugget 43

The moment the long-embittered persons begin to speak, the atmosphere begins to change from good to bad; and from bad to worse, because such are full of unhealthy and poisonous utterances which are capable polluting any airspace.

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

Ephesians 4:31

Nugget 44

In dealing with the bitter, one has to be very patient, wise and sensitive, because people who are under the influence of bitterness are emotionally unpredictable and volatile, and therefore easily offended and exploded if not managed wisely and tactfully.

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

James 1:5

Nugget 45

As Christians, we should always strive to live above racial and tribal sentiments by upholding the biblical truth that says, ‘’we are blood-purchased new creatures in Christ.”This is necessary, because many of our earthly groups harbour bitterness against one another on tribal and racial grounds.

For by one Spirit we were all baptized into one body, whether Jews or Greeks, whether slaves or free, and have all been made to drink into one Spirit.

1Corinthians 12:13

Nugget 46

It is both sinful and imprudent to be embittered against your biological or spiritual parent(s), because any of them gives you, ‘a spiritual covering.’ Be careful, this priceless covering can easily be ripped off through bitterness, because bitterness creates blockages and disconnections among loved ones.

Honor your father and your mother, as the LORD your God has commanded you, that your days may be long, and that it maybe well with you in the land which the LORD your God is giving you.

Deuteronomy 5:16

Nugget 47

Before you accept to play any spiritual role in your church, firstly examine your heart thoroughly and get rid of any hidden root of bitterness from your heart so you can perform effectively, because the anointing cannot function in bitter vessels.

Therefore if anyone cleanses himself from the latter, he will be a vessel for honor, sanctified and useful for the Master, prepared for every good work.

2Timothy 2:21

Nugget 48

Bitterness is one of the factors many people fail in life. This is because bitterness weakens one's emotionally stability and passion for life, which in the process of time could translate into real life situation of defeat if care is not taken.

Therefore submit to God. Resist the devil and he will flee from you.

James 4:7

Nugget 49

The most suffering and pitiable victims of bitterness are those who always get frightened at the sight of their offenders or enemies. Such need to do away with bitterness as quickly as possible before they start suffering from serial heart attacks and emotional breakdowns.

Looking carefully lest anyone falls short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.

Hebrews 12:15

Nugget 50

Many ministers are unable to receive spiritual impartations from under the ministrations of their colleague/senior ministers due to bitterness. This is like fetching water with a basket; the situation would still remain unchanged as far as bitterness continues to reside in their hearts.

BEHOLD, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious oil upon the head, running down on the beard, the beard of Aaron, running down on the edge of his garments.

Psalm 133:1-2

AUTHOR NOTICE

If you have been imparted and blessed by this book, please kindly recommend it to your friends, group members, colleagues, church members etc to also benefit. You may follow the author @Dr. Emmanuel Marboah on Facebook, Twitter, Instagram, Pinterest, Youtube, LinkedIn, or Tumblr. Kindly send your comments on this book to the author through marboahbooks@gmail.com or WhatsApp on +233244591817. Thank you!

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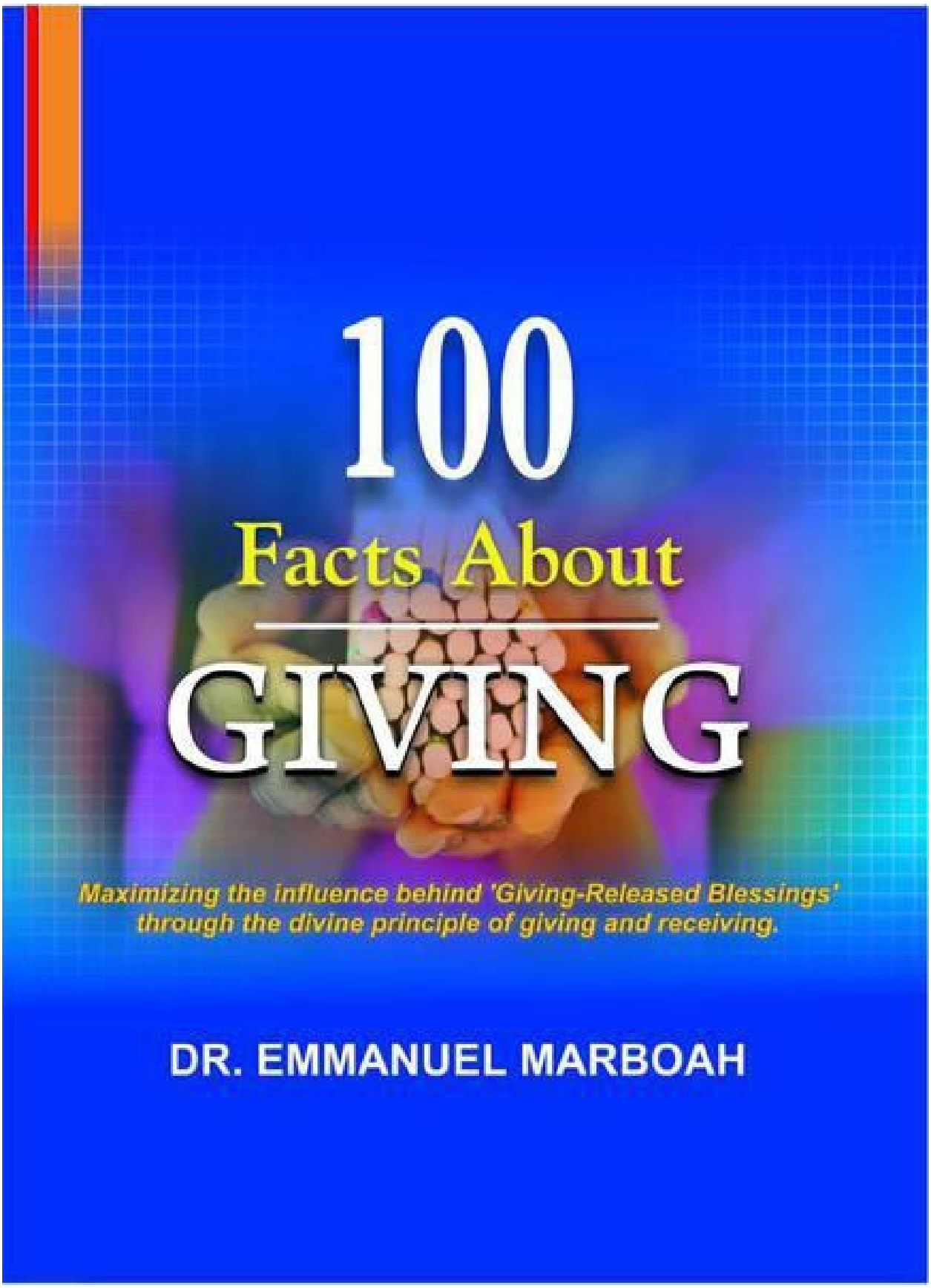

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100
Facts About
GIVING
Maximizing the influence behind 'Giving-Released Blessings'
through the divine principle of giving and receiving.
DR. EMMANUEL MARBOAH

The book (100 Facts About Giving) seeks to uncover all the benefits associated with the act of giving, as well as the countless controversial questions and issues confronting it, such as, why is it that I give but I do not receive? Is giving compulsory? I am afraid to give because the world is full of evil etc. Yes, the assurance is that people with such mind-baffling questions are not far from knowing the truth. This is because the book has provided the right answers to such questions, backed with bible scriptures to address them accordingly, and also to make it spiritually safe and balanced for the reader. In the final analysis, the author hopes to achieve the following: 1. Those who once were givers will be inspired again and rekindle their zeal towards the act; 2.Those who currently practise the act of giving will be better encouraged to continue to do so without ceasing; 3. And finally, to inspire and challenge new souls to join the givers' club.

Read more at Dr Emmanuel Marboah’s site.



About the Author

Dr. Emmanuel Marboah is a gifted revivalist; teacher and writer, whose life-transforming writing and pulpit works have been a blessing to many in the religious and educational institutions and the public in general. His ministry is characterized, anchored and balanced by an unflinching emphasis on preaching and demonstrating divine healing/deliverance; the prophetic, discipleship and godliness in the Body of Christ. He holds honours in theology from the then Word Miracle Ministerial College (currently, Perez University College, Ghana); and AMES International School of Ministry, Fort Myers-Florida, USA. As the CEO of Pure Grace Publications; and the president of Moral Legacy Campus Ministry, Reverend Marboah makes his home in Accra, Ghana, where he operates from and reaches out to the world as a minister, writer and professional book editor.

Read more at Dr Emmanuel Marboah’s site.