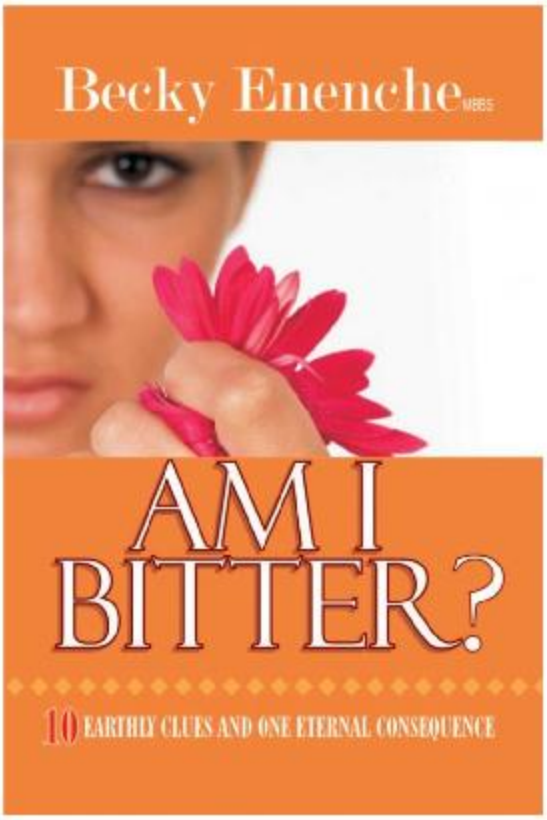
Becky Enenche MBBS



AM I BITTER?

10 EARTHLY CLUES AND ONE ETERNAL CONSEQUENCE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By

Becky Enenche

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A Work of Fiction

It was a cold, gray, and hazy afternoon in the year 2012, Mrs. Amina sat in the pool of her tears and perspiration wailing and refusing to be comforted. With her legs fully stretched apart, she swayed from side to side in frenzied movements and cried out strange words that could only be understood by her and perhaps those in the celestial realm. Indeed, seeing her, one would have thought a loved one had passed on to one of such realms. Her head throbbed, and her heart quaked vigorously as she suddenly cried out his name in utter despair and intense bitterness. Almost immediately, she strained her eyes one last time in a desperate effort to look through the pool of tears that drowned her eye balls, and the bead-like curtains of rain that dropped ever so gently. In sheer disbelief, she got a blurred glimpse of her belongings littered all through the outdoor Carrera marble stairs and access route to the majestic holiday home, which was paved all around with red and cream interlocking tiles. She also managed to make out the image of Bolaji, her husband of twenty years hurling out the last of her belongings.

He yelled angrily at the security guards, throwing his hands hysterically in the air and barking out instructions. She couldn't believe her eyes. Her beloved Bolaji who had vowed to love and cherish her till death do them part had just thrown her out of their house, her beautiful

man whom she had endured thick and thin for had quickly forgotten what they had been through together; he had abandoned her because of a silly, strange woman young enough to be their daughter.

Twenty years back, Bolaji Adekunle, an architect by profession had proposed to Amina Usman with nothing but promises of a beautiful and bright future. She remembered it ever so clearly. His softly spoken words were sure to sweep just about any lady off her feet. Though he had nothing, how could she have said no to such a beautiful man? Bolaji was a slender, tall, and light complexioned young man who had a stunning and infectious smile. He was a confident, vibrant and a strong gentle man, full of excitement; there was never a dull moment with him.

There was no fairy tale white wedding; no breath taking ball gown wedding dress or any of her childhood fantasies. She gave them up just for Bolaji, and she was more than happy to do so. She had hoped that things would get better after their low key traditional wedding, but as the years raced by, things became increasingly difficult. Nothing seemed to work, they were neck deep in debt and poverty, it was nothing like the beautiful and bright future he had promised her; yet she hoped against all hope and stuck to her man. They had done all

what they knew to do without meaningful progress, they had prayed, fasted and gone for numerous deliverance sessions without a breakthrough, yet she stood by him. On one occasion, after a vehement argument with Bolaji, she agreed to go plead for assistance in the house of a certain notable political juggernaut. She was almost raped. Like the Biblical Joseph, she ran as fast and far as her legs could take her and left her veil of many colours behind. In spite of this, she chose to stand by him.

After years of toiling, like the beautiful rising of the early morning sun, favour shone forth into their home and dispelled the overshadowing presence of darkness and hopelessness. Mrs. Adekunle got a mouthwatering job in a reputable international organization. She worked endlessly all through the week and scarcely had time for her family. Each day, she encouraged herself that it was only for a little while. All her income and benefit was poured into the business her husband and her set up, she diligently made referrals on behalf of their newly established company, and in seven seemingly short years, everything changed. They built houses in choice locations, took their children to the best schools and denied their heart no pleasure. Bolaji soon convinced her to resign so as to buy back the lost time with the children, it wasn't an easy decision, but things were looking up, and so she caved in. This must have

been the beautiful and bright future her beautiful man had talked about. Finally, her labour of love had paid off, or so she thought.

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The sun had since retreated and the bead-like drops of rain had given way to a vengeful downpour. Mrs Adekunle brooded over Chinwe and Odeh her now traumatized children like a mother hen would to protect her chicks; how could Bolaji leave them stranded in such awful conditions? How could he have betrayed her so quickly and easily? She was done crying now; in one move, she wiped the tears, now mixed with rain, which once flowed freely down her chubby cheeks. Love had turned to pure hatred; forgiveness had given way to vengeance and joy to bitterness.

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It's been thirteen long months since Bolaji Adekunle threw his wife, Amina and her children out of the house, thirteen long months of resentment, bitterness and betrayal. Thirteen long months of strange illnesses and frequent visits to the hospital; all these while, Mrs. Adekunle had suffered from multiple illnesses, most of which the doctors had no diagnosis for. What was clear though, was that she suffered from psychosomatic illnesses. At one point, her blood pressure reached for the skies, stomach

ulcers seemed almost normal, and her breast hurt so badly, she thought to take them out through double mastectomy; but thanks to Chinwe, she had greatly improved.

Day after day, Chinwe implored her mother to forgive; each time, she had succeeded in chipping out a piece of bitterness from her mother's rock solid heart. Gradually, Mrs. Adelumle was learning to forgive, and her recovery was remarkable. Nsikak, Chinwe's fiance had been responsible for most of their bills, he had proved very supportive, to think she had had her doubts about him.

It wasn't only her health that improved dramatically, her finances also turned a new leaf. Chinwe and Nsikak together, had been able to set up a little business for her mother, which was managed by Odeh. Also, the children's relationship with their father was gradually being restored; he told them of how his mistress had defrauded him of quite a huge sum of money and evaporated. He also told them of how he lost most of his investment due to some unexplainable reasons; he had been humbled. He hoped to be reconciled to his wife if possible, and he seemed genuinely sincere about it. He had also promised to be actively involved in Chinwe's wedding to Nsikak which was to hold in two months' time, he promised to do his part to make her fairy tale wedding

come true and hoped they live happily ever after.

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Introduction

One of the worst things that can happen to a person is to be gripped by bitterness. Bitterness is the source of countless spiritual and physical problems in millions of lives today. Bitterness can be tricky to recognize because it's not a symptom neither is it visible on the surface like anger usually is. Many claim that they are not an angry or hateful person, but that's not what bitterness is all about. Bitterness is an underlying problem that doesn't always manifest on the outside, but dwells in that person's system.

Bitterness is known in the Bible as a spiritual poison and a means by which many are defiled. Bitterness is a root.

"Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled."

Hebrews 12:15; KJV

Roots do not directly manifest or make itself known, but are a source of nutrition or fuel for other elements that are on the surface. Plants are not seen showing off its root system, but if the plant doesn't have a root system, it wouldn't survive. The job of a root is to brew under the surface and fuel things that are on the surface but not to manifes. on the surface.

Bitterness is a state of resentfulness. It is an intense or very striking, deep seated feeling of

anger. It is an in-depth feeling of hurt which normally arises due to a bad or negative experience; where a person feels he or she has been treated unjustly; or in a way not deserved. Bitterness is normally a painful, emotional, and unpleasant condition of the heart arising from a hurt.

Bitterness also stems from an inability or a deliberate decision not to forgive. In some situations where a person feels gravely hurt, that individual does not know how to forgive; but more often than not, bitterness is as a result of the outright refusal to forgive. It says: "I am too angry and hurt about this situation and so I am not willing to forgive."

I have come to realize from the scripture, that, bitterness is a clear cut characteristic or feature of the enemy, the devil. Many times, people get into the pangs and gall of bitterness without even knowing it. They have no idea that they are bitter. They know that they are angry about someone or about a situation, but they are ignorant of the fact that it has eaten deep into their system to produce bitterness.

Most times, by the nature of our human minds we are deceived into thinking that a blatant refusal to forgive a person puts that person through untold pain and guilt, but the reverse is usually the case as the person who is bitter,

tences to be engulfed and encased in a mesh or net of bitterness while the other party is most times not even aware of what you are putting yourself through on account of them.

The worst part of being entangled in the web of bitterness is that, it will prevent you from making the rapture and eternity in heaven. It will not be worth labouring on earth in vain and end up in hell fire with chronic sinners, robbers, prostitutes and the like simply because of bitterness.

As we journey through this easy to read book, I trust that you will allow the Spirit of God pour into your heart and give you the ability to totaly forgive, forget and release all hurt and bitterness from your heart and life in Jesus Name.

As you forgive, you will experience healings, restoration, freedom, and peace like you have never experienced before.

DR (MRS.) BECKY ENENCHE

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CHAPTER ONE

THE EQUATION OF BITTERNESS

With this clear progression that leads to bitterness, our first and foremost assignment would be to identify anger, resentment, and unforgiveness and fight them before they get planted and take root in the "soil of your heart."

Bitterness can be likened to a chain. It doesn't just happen. Since bitterness seems to come from an intense feeling of resentment, or hurt and unwillingness or inability to forgive, it then means that the chain of bitterness starts from anger.

Anger is a strong feeling of annoyance, irritation, displeasure, or hostility against someone, something, or a situation. Anger leads to resentment. A person cannot just arrive at a stage of being bitter if there was no anger in the first place. Resentment then leads to unforgiveness and finally, unforgiveness leads to bitterness.

Some time ago I read about an elderly woman and her husband who were octogenarians and they had been married for over sixty (60) years. They were asked: "how come you are so successfully married, and how come you are still together and have not had any problems?" They said that they made up their minds and they established some rules for themselves. One of the rules was; if they were angry with

each other, they must settle the dispute before they slept that night. The second rule was that they must never sleep on two different beds if they are in the same town. So, if they were angry, they would not lie down on the same bed with anger or hurt between them. Therefore, it easily eliminated any issues of unforgiveness and resentment which would eventually lead to bitterness.

With this clear progression that leads to bitterness, our first and foremost assignment would be to identify anger, resentment, and unforgiveness and fight them before they get planted and take root in the "soil of your heart."

'Shew me the tribute money. And they brought unto him a penny. And he saith unto them, whose is this image and superscription? They say unto him, Caesar's. Then saith he unto them, Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's. When they had heard these words, they marvelled, and left him, and went their way.'

Mathew 22:19-21; KJV

When Jesus was confronted with the issue of taxation, He asked "whose superscription was on the coin? And they replied. "It is the image and the superscription of Caesar." Jesus then said to him, "Give to Caesar what belongs to Caesar." Using a more contemporary example,

when you send your child to a boarding school, you write his or her name on the exercise books and all your child's properties because when the name of the child is on that item, that child is identified with that item. When your child comes to claim that item, your child has the right to it because his name is on it.

In the same way, when a person carries the nature or image of the devil in the likeness of bitterness, satan can lay claim on the life of such an individual. Bitterness distorts you; it changes your image or looks. When you see an angry person, you wonder if it's the same person you have known because the face seems distorted. The image of satan is reflected in the eye of such a person, and out of his speech and countenance.

So, when a person allows satan to remain in him in the form of bitterness and the rapture takes place, such a person will end up being left behind.

"Since bitterness seems to come from an intense feeling of resentment, or hurt and unwillingness or inability to forgive, it then means that the chain of bitterness starts from anger."

PRAYER

"I lose myself from every chain of bitterness, in Jesus Name"

[redacted]

CHAPTER TWO

THE ETERNAL EFFECTS OF BITTERNESS

If you harbour, even for a minute, the act of bitterness or unforgiveness, you are indirectly putting on the nature of satan the devil. At that moment, the cloth you are wearing is bitterness and the apparel that covers you is unforgiveness.

To drive this point home, the adverse effects of bitterness in the destiny of a man is one that cannot be over-emphasized. It is an issue that has its effect in the two realms of existence. Bitterness affects man in the area of his eternity and in the area of his life here on earth. In this chapter, we will examine the Eternal effects of bitterness on man.

How does bitterness affect us in eternity? Take a look at the following scripture. It's a bit of a lengthy one but patiently read this portion and then we will move on further.

"Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? Till seven times? Jesus saith unto him, I say not unto thee, until seven times: but, until seventy times seven. Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants. And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents. But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he

had, and payment to be made. The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay thee all. Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt. But the same servant went out, and found one of his fellow servants, which owed him an hundred pence ...and he laid hands on him, and took him by the throat, saying, Pay me that thou owest. And his fellow servant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all. And he would not: but went and cast him into prison, till he should pay the debt. So when his fellow servants saw what was done, they were very sorry, and came and told unto their lord all that was done. Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desiredst me: shouldest not thou also have had compassion on thy fellow servant, even as I had pity on thee? And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not everyone his brother their trespasses."

Matthew 18: 21-35; KJV

Our ability or inability to forgive, affects our lives in eternity. Bitterness and hatred are the opposites of love and forgiveness and these are

the opposites of the nature of God and of what God stands for.

Do you remember one of the most popular scripture that every Christian learns when they first get born again?

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

John 3:16: KJV

God's love for the world is what made Him send His Son to die for us in order to effect forgiveness. His love was made manifest by the death of His only begotten Son, which was an expression of His forgiveness towards us.

This means that, the issue of forgiveness and the issue of love, is so important to God that He had to send His only Son to die on the cross of Calvary so that forgiveness can become a reality in the life of every human being. If therefore, forgiveness, love, and compassion is such an important issue to God, it means that His very nature is the nature of forgiveness and the nature of satan, the devil, is opposite to the nature of God, which is the nature of unforgiveness and bitterness.

If you harbour, even for a minute, the act of bitterness or unforgiveness, you are indirectly

putting on the nature of satan the devil. At that moment, the cloth you are wearing is bitterness and the apparel that covers you is unforgiveness. When God looks at you at such a time, what He sees is the nature of the devil.

Whenever you go before God to pray or worship in a state of resentment, He sees you wearing a garment of bitterness and a cloak of unforgiveness. He sees an anger that went to sleep with you, woke up with you, continues the next day and has become embedded in you. When He looks at you in that state, He turns away. What a disaster if the Master turns His eyes from you.

Do you remember Jesus on the cross of Calvary? When God looked down, God turned from Him, He forsook Him for that minute, for that period of time when He saw the nature of Satan (all our sins, iniquity and every disease and infirmity was laid on Jesus on the cross of Calvary). He looked away from His Son because of sin, Matthew 27:46.

When we carry bitterness and unforgiveness, we carry again what was nailed on the cross with Christ Jesus. We take on that nature of Satan and God is forced to look away from us. Some years ago, God showed me a revelation. There were about three people that I was bitter against but I didn't even realize it. I knew I was

angry with them, but I would never had seen myself as being bitter against them. In that revelation, I saw that I had put these people in a cage, but unfortunately, I was in the same cage myself. The cage was partitioned, the three people I was bitter against were in the inner compartment. I was not within their compartment, but I was equally encased in the cage. What a terrible realization!

I understood then that when you are bitter against somebody, you not only cage them, but you put yourself in a cage also. That day when I got up, I said, "Oh Lord I'm so sorry, I didn't know that I held them in my heart; I release and forgive them"; and I took practical steps towards that. I made phone calls to those I could not meet physically and sent gifts to them. That way, I released them from my heart and experienced a great sense of joy after I was through. I made up my mind not to sleep with any trace of anger ever again. Many people have been caged and trapped in a gall of bitterness even without knowing it. I knew I would no longer carry any load that would fight my eternal destiny in heaven. You too will come to such a point of freedom after this book encounter in Jesus Name.

"Our ability or inability to forgive, affects our lives in eternity."

PRAYER

"Every hold of bitterness upon my life is broken, in Jesus Name"

CHAPTER THREE

THE EARTHLY EFFECTS OF BITTERNESS

Many times, such bitterness and unforgiveness that leads to the excess release of adrenaline and noradrenalin in the blood stream can affect the heart, which can cause hypertension.

Bitterness does not come without its consequences, there are eternal, and earthly effects to bitterness as seen in the previous chapter. Some of the colossal earthly effects are highlighted below.

1. UNANSWERED PRAYERS

What a disaster, that a man or a woman is a child of God and his or her prayers go unanswered! If you look very closely at the text below, you would observe that Jesus was teaching His disciples about forgiveness.

"Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established....Again I say unto you, That if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three

are gathered together in my name, there am I in the midst of them."

Matthew 18:15, 16, 18-20; KJV

"Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift."

Matthew 5:23-24; KJV

From the scripture, we see that if someone offends you, it is your responsibility to look for the individual and settle the problem. Please note that this passage refers to someone who has offended you (you are the one who needs an apology from him). Yet Jesus instructs that you are the one who needs to reach out to him for reconciliation, what more of when you are the offender.

Verses 18-20 of Matthew 18 are passages we quote so often and they are one of the most encouraging sets of scriptures that enable us to stand, make declarations, pray, and make demands on God. For that passage to have effect and be meaningful, you have to be in a state where everybody is at peace with you and where you are at peace with everyone.

One of the reasons why many believers suffer

from unanswered prayers for many years is because bitterness is present in their lives. Before they pray, there is bitterness, while they pray, there is still bitterness and when they are through praying, they still harbour bitterness.

1st John 1: 5 says that "...God is light and in Him there is no darkness at all" This scripture is profound and assertive, it leaves no room for questions, arguments or assumptions. God is light and He cannot associate with darkness because "in Him there is no darkness at all." God does not negotiate with darkness, He does not negotiate with anger, bitterness, or resentments, no matter how relevant or legitimate it seems "... in him there is no darkness at all." So for God to be present in our gathering as a church, group or in our family altars, bitterness must be gotten rid of. One of the proofs of God's presence is His word, when He is present, He will speak, while you are yet speaking, He will answer; Isaiah 65:24. If our prayers must be answered, if we must bind and it is bound, if we must loose and it is loosed, and if we must declare and it is done, then we must live a life free of unforgiveness.

2. CUTTING A LIFE SHORT

Bitterness can cut short your life. It can be responsible for unfulfillment in life and destiny.

"*And the women answered one another as they*

played, and said, Saul hath slain his thousands, and David his ten thousands."

1Samuel 18:7; KJV

After David fought and defeated Goliath, and the army of Israel had a great victory over the Philistines, on their way back, the women began to play their instruments and sing "Saul hath slain his thousands, and David his ten thousands." What is really interesting is that the Bible says "And the women answered one another as they played..." That is, it was a call and response, in other words, somebody would sing and another person would sing back a successive phrase.

"And Saul was very wroth, and the saying displeased him; and he said, 'They have ascribed to David ten thousands and to me they have ascribed only thousands, and what can he have more but the kingdom. So Saul eyed David from that day forward."

1Samuel 18:8&9; KJV

King Saul became very angry and displeased and he began to "eye" David from that day forward. Saul wasn't bitter at David only on that particular day, it continued from that day forward. From that day, Saul held David in his heart. He was angry, bitter and refused to forgive him. From that day, he pursued David

everywhere; when David climbed the mountains, hid in caves and slept in the wilds, Saul followed him. He went after him everywhere just to kill him. In the end, that bitterness of heart, and great anguish of heart, led to Saul's premature death.

Considering the fact that David never lost a battle in his life, I can imagine that if David was by the side of Saul during the battle at Mount Gilboa, Saul probably would not have died.

Many of the people that you have refused to forgive could be the key to your breakthrough in the future. They could be the one that God could use to help you out of a certain danger in the future. They could be the one that have the answers to certain breakthroughs in your future.

"And Absalom met the servants of David. And Absalom rode upon a mule, and the mule went under the thick boughs of a great oak, and his head caught hold of the oak, and he was taken up between the heaven and the earth; and the mule that was under him went away."

2 Samuel 18:9; KJV

Another person that had his life cut short as a result of bitterness was Absalom the son of David. He had an unreserved wrath and resentment against his father David and rebelled

against him to the extent of desiring to take over his throne as the King of Israel; while his father, David was still alive. Again, like Saul, bitterness drove him to an untimely death.

3. PSYCHOSOMATIC DISEASES

Bitterness will result in psychosomatic diseases, that is, stress related illnesses.

"Therefore I will not refrain my mouth; I will speak in the anguish of my spirit; I will complain in the bitterness of my soul."

Job 7:11; KJV

What this means is that when bitterness is at work, it takes root in the mind and in the soul. There are diseases in medical parlance that are psychosomatic illnesses, they are diseases that are associated with stress and stress related hormones. They are the things and conditions that come up because of an excess release of adrenaline and noradrenalin in the blood system, unfortunately, the body does not have the ability to excrete the by-products of adrenaline and noradrenalin. So, when it is unable to excrete it from the body, it pushes it into different parts of the body. If it is pushed to the joints it leads to arthritis, which causes pain, and stiffness of the joint and causes it to be swollen.

Many times, such bitterness and unforgiveness that leads to the excess release of adrenaline and noradrenalin in the blood stream can affect the heart, which can cause hypertension.

Although hypertension can be linked to other Etiopathogenesis, some are associated with some of these hormones that are released in excess due to bitterness, unforgiveness, malice, and grudges. There are women that have certain pains in certain parts of their bodies when they get angry or have bitterness in their hearts.

There was a woman whom every time she got angry or bitter, she got severe pains in her breasts, the pains were so severe that she felt she was going to die. Probably, some of those by-products were pushed into those cells in her breasts.

If you want the devil to torment you, then keep being bitter; but if you don't want to be a candidate of torment by Satan, then you would have to give up bitterness, and Jesus must have His way in your life.

"And the Lord said unto Cain, Where is Abel thy brother? And he said I know not: Am I my brother's keeper? And he said, What hast thou done? The voice of thy brother's blood crieth unto me from the ground. And now art thou cursed from the earth, which hath opened her mouth to

receive thy brother's blood from thy hand; when thou tillest the ground, it shall not henceforth yield unto thee her strength; a fugitive and a vagabond shalt thou be in the earth. And Cain said unto the Lord, My punishment is greater than I can bear."

Genesis 4:9-13; KJV

We can also see the level of torment that came upon Cain via the curse that was placed upon him by God after he had killed Abel his brother out of bitterness and jealousy;

4. REDUCTION IN PRODUCTIVITY

Bitterness reduces your productivity and fruitfulness. It reduces what comes out of your life. It could either be in the area of the works of your hand or the fruit of your body.

"Now there was a certain man of Ramathaimzophim, of mount Ephraim, and his name was Elkanah, the son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephrathite: And he had two wives; the name of the one was Hannah, and the name of the other Peninnah: and Peninnah had children, but Hannah had no children... And her adversary also provoked her sore, for to make her fret, because the LORD had shut up her womb...And she was in bitterness of soul, and prayed unto the LORD, and wept sore.Now Hannah, she spake in her heart; only her lips moved, but her voice was not heard:

therefore Eli thought she had been drunken."

1 Samuel 1:1, 2, 6, 10, &13: KJV

Hannah had been barren for years and during one of her visits to Shiloh, the priest Eli observed her praying. Eli thought that she was drunk and that she was misbehaving in the temple because her lips were moving without any words coming out, so Hannah had to explain to Eli that she was not drunk but it was due to the heaviness and bitterness of her heart: bitterness of heart because Peninah was a constant torment to her and we don't know how long she must have lived with her. However, after she dropped the bitterness of heart, the Bible tells us that her long term barrenness was over. She got pregnant and delivered a son in nine months.

I have explained previously that bitterness comes because of an inability to forgive, and unforgivenesss comes from anger, resentment, hurt – either real or perceived. In Hannah's case, she had a mate that constantly tormented her. She would probably walk past her and she would torment her with words, and mock her. Peninah must have made all manner of comments. She must have made fun of Hannah until that hurt and resentment graduated to unforgiveness and bitterness: and as long as she was bitter, she could not be productive or

fruitful.

Bitterness is one of the root causes of unproductivity in people's lives. Some do certain businesses but it doesn't work out, some put their money in certain projects and it dies off: the work of the hands of some are motivated by bitterness: "Let me go into business and show him that he is not the only one that can have money...Let me also deliver my children, let me show her that she's not the only one that can have children...Let me also start my own company so that I will show him that he is not the only one that can run such a company."

If bitterness is the foundation of any endeavour, such an endeavour is destined to end up in frustration and collapse.

"And it came to pass in those days, when Moses was grown, that he went out unto his brethren, and looked on their burdens: and he spied an Egyptian smiting an Hebrew, one of his brethren."

Exodus 2:11; KJV

Even Moses could not be used by God when he allowed bitterness rule in his heart. When he was a prince of Egypt, and had come of age, he learnt about the suffering of his people and saw first-hand the oppression and extortion of the Israelites by the Egyptians. He also learnt how his mother had to hide him in an ark in

the river Nile so he would not be killed; all these must have fuelled his desire to deliver the Israelites from the hands of Pharaoh and led to the murder of an Egyptian maltreating an Israelite. He must have thought he was delivering the Israelites, but he further aggravated their burdens and it caused him to flee the presence of Pharaoh. It took the mercy and love of God to arrest Moses in the wilderness and realign his destiny to God's original plan and inten..

5. DEPRIVATION OF INHERITANCE

"And Sarah saw the son of Hagar the Egyptian, which she had born unto Abraham, mocking. Wherefore she said unto Abraham, Cast out this bondwoman and her son: for the son of this bondwoman shall not be heir with my son, even with Isaac."

Genesis 21:9; KJV

Ishmael was caught mocking Isaac. this was after Isaac was weaned, so Ishmael would have been about fourteen or fifteen years of age, because at his circumcision, he was thirteen years of age, and Isaac was born about a year later. At this young age, Ishmael had already begun to exhibit some negative tendencies which he must have learnt from Hagar his mother; he was caught mocking Isaac. To mock means "to scoff," or "to make mouths of," "to ridicule."

and "to frustrate the hope of someone." Probably due to jealousy, he began to be bitter towards Isaac. When Sarah saw this happen, she felt that the life of her son Isaac might be endangered in the future and Abraham obviously saw reasons with her, Ishmael had to be sent away from Isaac and that meant also being sent away from his inheritance.

"And Abraham rose up early in the morning, and took bread, and a bottle of water, and gave it unto Hagar, putting it on her shoulder, and the child, and sent her away: and she departed, and wandered in the wilderness of Beersheba. And the water was spent in the bottle, and she cast the child under one of the shrubs."

Genesis 21: 14&15: KJV

After Hagar and Ishmael were sent out of the house with God's permission, the Bible tells us that, when she was in the wilderness and the water she had on her was exhausted, she kept her child aside in a corner and sat away that she might not see the death of her child.

Perhaps a little over fourteen years of age, Ishmael witnessed Abraham drive his mother and himself out of the house with only bread and a bottle of water for survival. At a little over fourteen, his mother cast him under a shrub waiting for him to die; he could also understand to some extent that he was not going to get an

inheritance from his father Abraham because of the birth of Isaac; these reasons can explain why the Ishmaelites have a deep seated bitterness against the Israelites to this day. Though, as a result of Ishmael's connection to Abraham, the Ishmaelites today, have oil wells amidst massive wealth even in the desert, still, they have not been able to be a beneficiary of all the good, God has for them. They have always remained in the desert and in the heat. Through the use of technology and wealth, they have been able to advance their society in some parts of the world; but the fact remains that, they are always out in the desert places of the world, losing out on their inheritance because of bitterness.

Another character in the Bible who would have lost out on his inheritance was Jabez.

'And Jabez was more honourable than his brethren: and his mother called his name Jabez, saying, because I bare him with sorrow.'

1 Chronicles 4:9: KJV

The Bible says that Jabez was more honourable than his brethren; the word honourable in Hebrew means "wide," "to be great," "majestic." Jabez was destined for greatness, he had the capacity for enlargement, yet, the bitterness in the heart of his mother limited him. His mother gave birth to him in sorrow and in that state

of bitterness, she named him Jabez and that almost caused him his destiny if not for the intervention of God who changed his story after he prayed and cried out to the Lord. Jabez means, "born in pain," "sorrow"; a man who had the potential to be great was limited by bitterness and sorrow, anything he laid his hands to birth was done in great pain and sorrow, nothing came easy for Jabez, he toiled and sweated until it grieved him. The bitterness and sorrow of his mother gradually transferred into his life and that was why he had to pray not only for blessings and the enlargement of his coast, but he also had to pray that he might not be grieved; he had to pray that he be delivered from bitterness. Jabez had come to learn that bitterness can hinder the inheritance of one destined for greatness and majesty.

"And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested."

1 Chronicles 4:10; KJV

6. A LIFE OF TORMENT

A life of bitterness leads to a life of torment. When you are a bitter person, you give room for the devil to torment your life and your

destiny. The word "torment" inGreek means, "to be tortured," "vexed," and "afflicted with pain." It means to be harassed and distressed and to be vexed with grievous pains of both body and mind.

"And Saul eyed David from that day forward. And it came to pass on the morrow that the evil spirit from God came upon Saul...."

1 Samuel 18:9& 10; KJV

A man or a woman who has an unforgiving spirit and is constantly in the battle of his mind, many times, can be a subject of satanic oppression, satanic torments and a candidate of nightmares, torments in the dream of the night, all manner of afflictions, infections and infirmities.

Often times, bitterness tends to lead to congestive cardiac failure, that is, heart failure. It leads to heart, mind, and emotional related conditions. People actually lose their mind on the premise of bitterness.

We have had to pray for several young men who went into several relationships. Some of these men who went into relationships, asked the lady they are involved with to marry them but she refused and this made some of these men to lose their minds.

When bitterness is rooted in a man, it can affect his emotions and mentality and give rise to all manner of medical conditions.

7. REDUCTION OF SPEED

Bitterness reduces the speed of a person in life. It reduces your impact, force and your potency to achieve things.

"What shall I say? He hath both spoken unto me, and himself hath done it: I shall go softly all my years in the bitterness of my soul."

Isaiah 38:15; KJV

The force of vision, the force of passion, the power of love that backs up a man, the aggression, and the ability to run with vigour and with energy are killed in a person that is full of bitterness. What others are able to achieve effortlessly, a man or a woman that is clouded with bitterness struggles to achieve it because his mind is grappling with the bitterness against the people that have offended him.

8. HIGHWAY TO DESTRUCTION

Bitterness is the highway to destruction. It is the road to murder, the road to destroying your brother or your sister. The first ever record of murder is scripture was an outflow of bitterness.

"But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell...And 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 slew him."

Genesis 4:5&8; KJV

Cain was "wroth," he was angry and jealous that his offering was not accepted by God despite the fact that he did the wrong thing. Even when God came to warn him, he wouldn't listen. He had the opportunity to find out from God, who rejected his offering, why his offering wasn't accepted but he didn't. Maybe he was a little scared to talk to God, he could have found out from Abel the secret to pleasing God while they were in the field, instead, he allowed bitterness to take root in his heart.

"...And Cain talked with Abel his brother..."

Genesis 4:8; KJV

We can see that Cain did not argue with Abel, he did not confront him in any way; rather, he "talked" with his brother. Abel had no idea that his brother was angry and jealous of him, they had their usual brotherly conversation, yet Cain harboured and nurtured bitterness against Abel in his heart "until he rose up against Abel, his brother and slew him."

I want you to take a moment to think about those who you are on talking terms with yet harbouring bitterness against, it might be your colleague at work, your spouse or even your brother or sister. Ask God for forgiveness and the grace not to arise and "slay them."

"There is none that understandeth, there is none that seeketh after God. They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one. Their throat is an open sepulchre; with their tongues they have used deceit; the poison of asps is under their lips: Whose mouth is full of cursing and bitterness: Their feet are swift to shed blood: Destruction and misery are in their ways: And the way of peace have they not known: There is no fear of God before their eyes".

Romans 3 11-19; KJV

The emphasis here is in verse 14. A man or a woman who is full of bitterness has his feet swift to shed blood. It becomes so easy to cause destruction and havoc. Somebody can come to him and say, "Let us make this man's work not to succeed" and because of the bitterness that is inside him, it is so easy to agree and to succumb to such a plot.

Many people have "sat" on other people's files in the office? Such persons who are due for promotion were not promoted because

someone who was engulfed by bitterness "sat" on their file. "Who is he? Why should he own a car that is bigger than mine? Why should he have more recognition?" or "Who is she? Is it because she is married to somebody who is on a higher level in his own office than me? I will show her." Therefore, out of bitterness, they stand in the progress of other people. It is not only unbelievers that sit on other people's files, believers do it as well. Like Cain, they ensure that they rise and slay whoever is their object of bitterness.

There is a lot of evil that has been perpetrated in our generation because we failed to forgive somebody that offended us in the past.

I once heard the story of a young girl that was deceived by a young man, after about 18 months, he had his way, took her virginity, and informed her that he was HIV positive. She came down with HIV eventually and the relationship continued. She was unable to succeed in the university, as she eventually got pregnant and had an abortion. She went on and on until a Christian brother found her, preached to her and she gave her life to Jesus Christ and boldly broke up the relationship she had been entangled in for years. The Christian brother did not relent in his efforts, he ministered to her and she got healed supernaturally after being prayed for and then returned to the

hospital where she tested HIV negative. Months later, he felt led that this was who he was to marry; in the course of preparations to get married, the young man who once infected her with HIV, full of bitterness, came back to tell the brother who was ready to marry the sister that, "she was not a virgin." The brother said, "I know, she told me." Then he said, "She is HIV positive." The brother said, "She told me, I am aware and I am happy to let you know that she is now negative." He did all manner of things just to ensure she would not be happily married. What bitterness!

Bitterness was also the issue that provoked God's anger and brought an adverse punishment on Miriam the sister of Moses when she conspired and spoke against him. Thus, bitterness led to the termination of Miriam's ministry.

"With him will I speak mouth to mouth, even apparently, and not in dark speeches; and the similitude of the Lord shall he behold: wherefore then were ye not afraid to speak against my servant Moses? And the anger of the Lord was kindled against them; and he departed. And the cloud departed from off the tabernacle; and, behold, Miriam became leprous, white as snow: and Aaron looked upon Miriam, and, behold, she was leprous. And Aaron said unto Moses, Alas, my lord, I beseech thee, lay not the sin upon us,

wherein we have done foolishly, and wherein we have sinned."

Numbers 12:8-11; KJV

9. THE ROOT OF TROUBLED RELATIONSHIPS

Bitterness is a major root of troubles in relationships. Hebrews 12:15 says, "Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;" When bitterness springs up, the only thing it causes is trouble. If a wife annoys her husband and he carries that offence in his heart, and perhaps she annoys him again and he keeps grooming the hurts, after some time, they will begin to relate to each other like "cats and dogs." They will begin to 'bark' and get aggressive at each other. In the course of this, the spouses begin to complain and say hurtful things to each other. Why? Simply because of the failure to forgive in the first instance of provocation

Bitterness is one of the roots of so many problems. In church departments, in offices, you get to places and there is so much rancour, backbiting, people talking against each other and keeping malice and it's all because of bitterness.

Let's say among the church choir, you could

hear things like; "Then, don't mind her. She thinks she has the best voice in this place. I will show her that I can sing." Then such people go to the music school, do voice training and return to say, "Yes, Choir director I am ready to sing now." The motive is so that the other person that they have been bitter against will know that they sing better or have a better voice. How can the church be blessed in the midst of such an attitude?

There are places and organizations where you see good leadership but then, bitterness from one person sets up a chain of disagreement, leading to failure in the overall corporate system and organization.

10. DEPRIVED JOY OF ACHIEVEMENT

A person of bitterness is a person that is deprived of the joy of achievement. Taking a look at the Bible, If anybody was to be bitter, it should have been Joseph. His brothers hated him for no just cause. He could have been bitter against his brothers for hating him. Every time he told them a new dream, they hated him the more. He could have been bitter because they plotted to kill him and then they sold him out to slavery. Joseph could have been bitter or remained angry and refused to forgive his brothers. He could also have been bitter against God for the death of his mother, he

could have said, "Why did you kill my mother when she was giving birth to my younger brother?" He could have been bitter at different stages of his life but he never allowed bitterness to take root in his life. To show that it was not when his brothers arrived and he saw them that his compassion went towards them: even when he had his children, he named one of them Manasseh, meaning, "I have forgotten, I have forgiven, I have eliminated the negative experiences of my past from my memory."

Every time his little boy ran to him and he called his name, he was reminded of his act of forgiveness. Every time the little boy's name was called, he was reminded that he has no business with bitterness.

Do you know that Joseph never reported Potiphar's wife to her husband? Potiphar was in charge of the guards and the prison, so, he was like the Comptroller General of the prison, and his wife tried to sleep with Joseph. When he refused, the husband came home, she reported Joseph to the husband, and he took hold of Joseph and locked him up in the prison. I believe that, if Joseph had defended himself and told Potiphar the truth, the judgement might have been different. He never did once. He didn't disclose what really transpired between him and Potiphar's wife, yet in the midst of it, he said, "I will not be bitter." How do I

know this? After he became prime minister, he would have caught Potiphar's wife and locked her up in the prison; but he said, "I will not be bitter, I will not hold it against her. Joseph's life journey was characterized by one person or the other that wanted to destroy him but he ensured that bitterness never took root or had its way in his life. My prayer is that you too will live a life of total love, forgiveness and absence of bitterness in Jesus name.

"What others are able to achieve effortlessly, a man or a woman that is clouded with bitterness struggles to achieve it because his mind is grappling with the bitterness against the people that have offended him"

"For God to be present in our gathering as a church, group or in our family altars, bitterness must be gotten rid of."

PRAYER

"I break out of every cage and effects of bitterness, in Jesus Name"

[redacted]

Chapter Four

CURBING BITTERNESS

The ultimate recourse is to look up to God for His help. By yourself, it is a great difficulty but with the help of God, you can. He is the only one that can truly help us.

We have seen so much on the dangers of bitterness and how it can limit and hinder one's destiny both here on earth and in eternity; but the question that would be on most minds is: how can bitterness be curbed? How can bitterness be dealt with? How can I get myself out of this negative chain and clutch of bitterness? The following points are not in any way exhaustive, but are definitely enough for you to be liberated in Jesus name.

1. IDENTIFICATION

"And she was in bitterness of soul, and prayed unto the Lord, and wept sore."

1 Samuel 1:10: KJV

"Regard not your handmaid as a wicked woman; for out of my great complaint and bitter provocation I have been speaking."

1 Samuel 1:16; AMP

Identify that there is bitterness and unforgiveness in your heart and do not pretend about it. Be honest and truthful to yourself.

Come to terms with the fact. Until Hannah came to terms with the fact that she was bitter, her affliction continued. We don't know how many years she was in that state, but until she acknowledged that she was bitter, she remained barren, unfruitful, and unproductive.

2. CONSCIOUS ACTIONS

Consciously put away bitterness from your life.

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

Ephesians 4:31: KJV

To put away means 'to cause to cease,' it is 'to take away' or 'take off' or 'remove' what is attached to anything. It refers to a conscious effort to cease from bitterness, a conscious removal of bitterness from your heart. You are expected to ensure a cessation.

The typical reaction on seeing the person that you are angry with is to turn your eyes or face away from him; you are unable to greet or talk to him and this is a state of malice. The scripture however says we are expected to put away all malice and replace it with a tender heart, forgiving one another.

"And be ye kind one to another, tender hearted, forgiving one another; even as God for Christ sake

has forgiven you".

Ephesians 4: 32; KJV

This takes us back to our key scripture in Matthew 18. If the Master forgave that servant of his many sins, do you know how many sins you have committed against God? Do you know that if God were to judge you as you judged others you shouldn't be alive? Do you know that if it were based on who we really are, none of us deserves to be walking on the street today? If God was to handle us truly by the measure of how we have been and what we have done to others and done to Him, many would be dead today. Yet, He forgave us!

This beloved is one of the reasons why God is angry against unforgivness and bitterness. He did not spare His only begotten Son so that you can be forgiven of your sins. What offence is then too great to forgive another person?

What is the little hundred (100) pence worth of sin that a fellow servant committed against him that he could not forgive? Yet, his master forgave him of ten thousand(10,000) talents worth of sin"...even as God for Christ sake forgave you your sins."

There are matters that you might have closed that must be re-opened for discussion in order to forgive someone. That girl that refused to

marry you, needs to be forgiven. Look for her number, and give her a call; say "...I want you to know that I don't hold anything against you, I forgive you and if you are having any hurts against me, please forgive me." You need to consciously forgive everyone. Do it consciously as often as you have to.

3. LOOK UP TO GOD

"Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled."

Hebrews 12:15; KJV

The ultimate recourse is to look up to God for His help. By yourself, it is a great difficulty but with the help of God, you can. He is the only one that can truly help us.

When you have obtained forgiveness from God, you can come boldly to Him and lay your weak frail will at His feet, at the Cross of Calvary daily, and then take up His righteousness. "for I can of my own self do nothing:..." John 5:30; KJV. If we recognise our helplessness and turn to God for His help He will not cast us away, for He said in John 6:37; KJV"All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out-."The scripture also tells us to "...therefore come boldly unto the throne of grace, that we

may obtain mercy, and find grace to help in time of need." Hebrews 4:16; KJV.

4. JOY

"Think of it! The Lord healed me! Every day of my life from now on I will sing my songs of praise in the Temple, accompanied by the orchestra."

Isaiah 38:20 TLB

The logical response to give to God who has forgiven you and healed you from the pit of destruction, is to praise Him with a joyful heart.

"O Lord my God, I cried unto thee, and thou hast healed me. O Lord, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit. Sing unto the Lord, O ye saints of his, and give thanks at the remembrance of his holiness. For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning."

Psalm 30:2-5 KJV

The above scripture also points to the fact that your deliverance by God should be celebrated with joy and rejoicing. The presence of joy suffocates the devil. It prevents his operation and helps you to stay above the trap of bitterness. You shall never be entangled again in Jesus name.

"We are expected to put away all malice and replace it with a tender heart, forgiving one another."

PRAYER

"By the power of the Spirit of God, every form of bitterness in my life is arrested, in Jesus Name"

[redacted]

Chapter Five

GET FREE FROM BITTERNESS AGAINST YOURSELF

A person who fails to forgive himself has actually locked himself up in a personal prison and such a life is limited, just like what happens to anyone in a prison, he is limited and incapacitated.

Bitterness is a weight and you can't carry a weight and expect to be able to run with speed. Also, you cannot carry a weight and expect to be able to be caught up by the rapture, when the rapture does take place. So, it is vital that we recognize this and lay aside every weight just like the Bible says:

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God."

Hebrews 12:1-2 KJV

To "lay aside," means to cast off something forcefully and to cast off something with determination. Every weight there refers to, all things, all men, whatsoever, whosoever, everything, no exception. The instruction is,

whatever constitutes a weight in your life, must be laid aside.

You must understand from the passage we read, "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us." – Hebrews 12:1 KJV

This means that, there is a difference between weight and the sins. Sin, is to out rightly err, to wander away from the path of righteousness, to do wrong. Meanwhile, weights are burdens; those things that hold down.

Recently, I discovered that, the issue of bitterness is not just against people but an individual can be bitter against himself, and this is one of the most terrible situations that a person can find himself or herself in. A person who fails to forgive himself has actually locked himself up in a personal prison and such a life is limited, just like what happens to anyone in a prison, he is limited and incapacitated.

Many people suffer from bitterness against themselves, arising from different things. Many times, when people fail in the past, maybe they fell into sin or failed academically or in their marriages, they tend to live in bitterness. For instance, a woman could dwell or live in a certain level of regret because she rejected a man who came to marry her and soon

afterwards, such a man became a great person. Or a young man rejected by a lady he wanted to marry a lady and the lady rejected him and he feels maybe it is as a result of his inadequacies or something about him that was responsible for that. Such kind of feelings could give rise to personal dislike, hatred, and bitterness against self. It is therefore important to seek freedom because the worst person to be bitter against and to hold in prison, in one's heart, is one's self.

WHAT MUST BE DONE?

1. The first thing that must be done is that a person must recognise and accept the fact that he is bitter and bitter against himself.

2. To recognise that he has lived either in remorse, in regret or self-rejection and then, he must consciously take the time to confront the issue, tell himself what he must have done that has become the source of the offence.

3. He should ask questions like: What was the failure that he had experienced in the past? What is that shortcoming that seems to be holding him down now? What was it he wanted to attain that he failed to attain? What did he want to achieve that he failed to achieve? What befell him that he feels that he was the cause of it?

4. When those issues are identified, he should apologise to himself, he could say, "I am sorry ...in the year...apologises to you myself...today; I failed you, I failed myself, I ask for forgiveness.' Then, he the person must now forgive himself. 'Then, he must consciously address himself, acknowledging that he has forgiven his past.

This is to a large extent similar to what Jacob had to do in Genesis 32:24-28;

"And Jacob was left alone; and there wrestled a man with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him. And he said, Let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me. And he said unto him, What is thy name? And he said, Jacob. And he said, Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed."

The word "name" is known as "Sem" in Hebrew and it also means the memorial of individuality. Jacob had to bring his name to the forefront, that is, who he was or thought he was, the memory of his past, so that God could give him a new identity. He could not move into who he should be – Israel, a prince with

God – until he confessed and fought his past; Jacob. You too must identify that self or past which you were unable to forgive and then you will be set for a brighter new day.

What does the scripture have to tell us about this?

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God."

Hebrews 12:1-2 KJV

"Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled."

Hebrews 12:11-15 KJV

"Wherefore we receiving a kingdom which cannot be moved, let us have grace, whereby we may serve God acceptably with reverence and godly fear."

Hebrews 12:28 KJV

Having expressed yourself in seeking the forgiveness of yourself, you must understand the following vital points from the passage above:

1. **Make straight path**

"And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed."

Hebrews 12:13 KJV

In order to attain to the healing from bitterness against self, you must purposefully prepare for yourself, purposely acknowledge your weakness and ask for that forgiveness.

2. Maintaining an upright, erect, honest, and straight path for your way of life. Note; the emphasis in Hebrews 12:13 is, "your feet." The straight path you are making is for your own feet, so, you must identify that, no one will do it for you, no one will forgive you for you and no one can talk you into forgiving yourself. It is a personal assignment and a personal duty. There is no amount of prayer that any Pastor

will pray for you to release you from you.

"...Lest that which is lame be turned out of the way;"

Hebrews 12:13

You must understand that, nobody is perfect. There must have been an ideal image for yourself which you had, which probably you failed to attain. What you must understand is, there is none who is perfect and so, you must accept the fact that, even though you limped before, it doesn't mean that you will continue to limp. It doesn't mean that you will be turned out of the way; it doesn't mean that you should reject yourself and it doesn't mean that you should forsake yourself.

3. Be healed

Finally, that verse says, "...but let it rather be healed."In order words, ensure that you receive your freedom from errors and from sin.

Like the scripture tells us:

"Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling."

Philippians 2:12 KJV

DELIVERED FROM THE SWELLING PIT OF HELL

"What shall I say? He hath both spoken unto me, and himself hath done it: I shall go softly all my years in the bitterness of my soul. O Lord, by these things men live, and in all these things is the life of my spirit: so wilt thou recover me, and make me to live. Behold, for peace I had great bitterness: but thou hast in love to my soul delivered it from the pit of corruption: for thou hast cast all my sins behind thy back. For the grave cannot praise thee, death cannot celebrate thee: they that go down into the pit cannot hope for thy truth. The living, the living, he shall praise thee, as I do this day: the father to the children shall make known thy truth."

Isaiah 38:15-19 KJV

The word bitterness here is referred to as 'Mara.' It means to be grieved or to be vexed. Verse 17 says. Behold. for peace I had great bitterness: but thou hast in love to my soul delivered it.

You must understand that, God loves you so much to bring you to the point of delivering you from the great swelling pit of destruction of bitterness. For many people, it is so terrible that for years, instead of peace, they have had bitterness. Understand that peace is the Hebrew word, "Shalom" and it means wellness, it also means happiness and welfare. Welfare

refers to health, prosperity, peace, favour, completeness, soundness, and quietness. So, when you are in bitterness, you seize to be in peace, and therefore, you are deprived of all these things; you are deprived of health, prosperity, peace, favour, completeness, soundness, quietness, wellness, happiness, friendliness and it is such a limitation. It also refers to your covenant relationship with God. So, your covenant relationship with God is stripped off; you are supposed to be a born again Christian but you are not fully working in covenant.

Bitterness is a terrible thing and I declare that after this book encounter, you shall be totally delivered from every trace of bitterness in Jesus Name.

The Good News translation of verse 15 says,

"My heart is bitter, and I cannot sleep."

Isaiah 38:15 GNT

Bitterness deprives you of sleep. No wonder many people who are bitter, have issues falling at sleep but, no more of that in the Name of Jesus Christ.

"Yes, now I see it all-it was good for me to undergo this bitterness, for you have lovingly delivered me from death; you have forgiven all my sins.

Isaiah 38:17 TLB

The emphasis in The Living Bible Translation is that, God has lovingly delivered you from the death trap of bitterness.

"Behold, it was for my peace that I had intense bitterness; but You have loved back my life from the pit of corruption and nothingness, for You have cast all my sins behind Your back."

Isaiah 38:17 AMP

"It seems it was good for me to go through all those troubles. Throughout them all you held tight to my lifeline. You never let me tumble over the edge into nothing. But my sins you let go of, threw them over your shoulder — good riddance!"

Isaiah 38:17; MSG

So, we come to a point where we bid good riddance and farewell to all bitterness in our lives in Jesus Name. You must understand that, there is no reason why you should hold yourself for your past mistakes, errors and shortcomings because God Himself has forgiven you and has cast them behind His back, He does not consider them anymore. He has forgiven you and put them behind His back. In response to God's kindness therefore, you must determine to come out of bitterness and begin to live a life of praise and celebration to God and make a determination never to walk yourself back into the realm of bitterness again.

I see God granting you unusual favour in Jesus Name.

"Whatever constitutes a weight in your life, must be laid aside."

PRAYER

"I am totally free from the grip and consequences of bitterness, in Jesus Name"

[redacted]

PRAYERS

SALVATION PRAYER

If you have not given your Life to the Lord Jesus Christ, it is expedient that you do so. Lift up your voice and say the following prayer:

"Lord, I decide right now to turn my back on every sin and I repent of every iniquity. I am sorry for all my sins. I turn my back too on every form of bitterness, I forgive everyone who has offended me. I turn to You now and I know that as I turn to You, by Your grace, I will live a life of purity, a life of holiness and integrity that will be pleasing to You in Jesus Name. Come into my life now and be the Lord of my life in Jesus name."

REDEDICATION PRAYER

If you had given your life to Christ before but you have backslidden, then pray this prayer:

"I rededicate my life to You Lord. I might have been a Christian before but from today, I choose to continually live a life of purity and integrity in my conducts and relationship with people. Oh Lord, today, I repent; I make a determination to live for You. As I rededicate my life to you, I will not be a cast away! I let go of bitterness, anger and resentment. I thank You Father for hearing me and for answering, in Jesus name."

PRAYER OF REPENTANCE FROM BITTERNESS

Perhaps, you are bitter against someone, it could be your spouse, a colleague at work, a very close friend, a parent or even yourself. If you have taken time to read through this book, I am convinced that you desire to be free from all the negative consequences of bitterness as highlighted in it. As we have learnt, bitterness can be responsible for unfulfilment in life and destiny, unanswered prayers, strange illnesses, limitations and bondages. If you are ready to forgive and to be healed of your hurt and illnesses, if you are ready to step out of limitations and step into a successful living, please say this prayer from the depth of your heart:

"Lord, now I know that I haven't just been angry, but also bitter all this while, I realize that I have limited myself both spiritually and physically as a result of this, please forgive me, I am sorry. Today, I forgive everyone that I have been bitter against (mention names if necessary) and I forgive myself too. By Your power Lord, I come out of every pit, and out of the hold of bitterness and I yield myself totally to You. I hereby receive the grace and attitude for continuous joy and gladness.

Thank You Lord for my freedom, in Jesus name."

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PRAYER OF DELIVERANCE FROM BITTERNESS

I wish to pray for you to be free from any form of bitterness. I realize that bitterness takes root especially in the heart, soul or spirit of man, therefore, I will like you to place your hand on your chest and repeat this prayer aloud. Say:

"Lord Jesus, thank You because I am born again. I lay my hand on my chest and use it as a point of contact against every root of bitterness in my life. I renounce every resentful and unforgiving tendencies. I break the hold of the devil from off my life in Jesus Name. From today, I declare my freedom from bitterness, unforgiveness and resentment in Jesus Name."

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PRAYER FOR THE BAPTISM OF THE HOLY SPIRIT

Congratulations, on your new strides! Another very important step for you to take in order to maintain your new relationship with God is to receive the baptism of the Holy Spirit.

In Acts 1:8, the Bible says:

> *"But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth."*

Lift up one of your hands and pray this prayer aloud. Say:

"Lord Jesus, thank You because I am now born again. Thank You for washing away my sins. Thank You because I am now free from bitterness and resentments.

And now Holy Spirit, I ask that You fill me to overflowing with the evidence of speaking in tongues. Holy Spirit, take over my life, my mind, my heart, my mentality, my intellect and my emotions. Saturate me with Your presence.

I ask that You take over my tongue now and speak through my lips and let Your Name be

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Now, open your mouth and begin to speak in that unknown language that comes out from within you. Speak it aloud.

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CONTACT US

Beloved, I'll like you to share your testimonies with us at mailto:info@dunamisgospel.org

Or write us a letter addressed to:

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God bless you!