

Resolving Bitterness Problems

Circumstances and relationships have hurt each of us.

Hebrews 12:14-15

When unresolved, it creates resentment, and emotional damage.

Ephesians 4:31-31

1. Wrath (outbursts of anger)
2. Anger (constant state of anger)
3. Clamor (making a public scene)
4. Slander (injurious speech)
5. Malice (evil intents to harm others)

Resolving Bitterness Problems

Bitterness can be directed toward ...

*OTHERS for the pain they have cause us ...
leading to ...*

- Resentment and anger
- Putting up walls to protect from further pain
- Broken relationships
- Revenge

Resolving Bitterness Problems

Bitterness can be directed toward ...

OURSELVES for our own failures ... leading to ...

- Negative thoughts of condemnation
- Feelings of despair and worthlessness
- Rejection of oneself
- Suicidal thoughts

Resolving Bitterness Problems

Bitterness can be directed toward ...

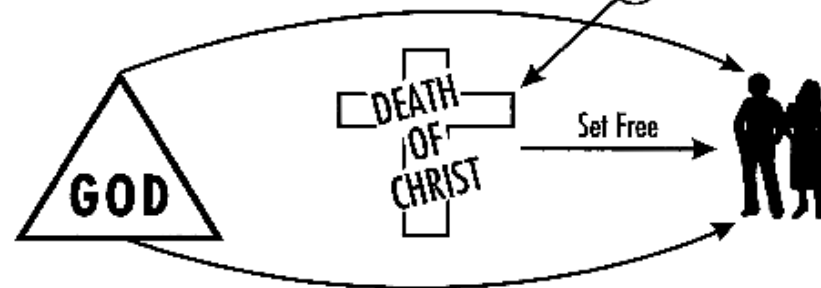
GOD for events He allowed to occur leading to ... leading to ...

- Resentment and anger toward God
- Feelings of rejection from God
- Inability to be intimate with God
- Questioning one's relationship with God
- Inability to trust God
- Questioning God's goodness

Forgiveness

God's Forgiveness of My Sin

Forgiveness: Personally paid for ALL my (sins)

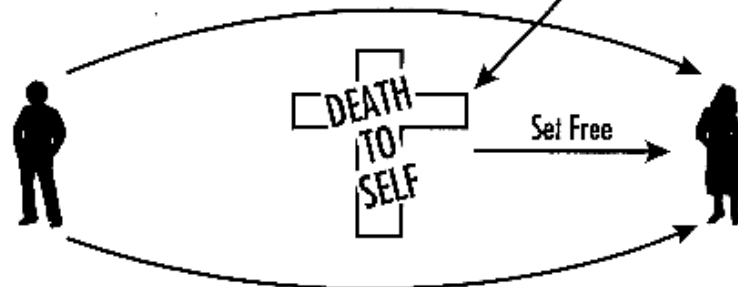


Justice: Make me pay for my own sins

My Forgiveness of Another's Failure

Forgiveness: Assuming personal responsibility for the emotional pain and consequences of another's (sin)

Result: Freedom from Resentment - Bitterness - Anger - Revenge - Conflict



Justice: Make them pay for their failure toward me
Result: Bitterness - Resentment - Anger - Revenge - Conflict

Resolving Bitterness Problems

We need to forgive as Christ has forgiven us.

- Ephesians 4:32
- Matthew 18:21-35

This kind of forgiveness is not easy.

- Matthew 26:39
- Matthew 16:24-25

Resolving Bitterness Problems

Forgiveness involves ...

1. A choice ...
2. A releasing ... voluntarily releasing someone from the emotional damage caused ... no longer holding them responsible for the consequences of their failure
3. A substitution ... paying for the emotional pain that another caused ... in doing so, the debt of the emotional damage is paid (i.e. assumed)

Resolving Bitterness Problems

Resolving bitterness involves ...

1. Choosing to forgive
2. Releasing the pain from within our hearts
3. Paying the emotional pain others have caused us by forgiving them
4. Allowing the Lord to heal the pain we are experiencing within our heart

Mark 11:25-26

Resolving Bitterness Problems

Steps to resolve bitterness from childhood ...

Step 1 – Use Family Members Who Have Hurt Me
(worksheet) ... use Emotional Pain Words
(worksheet)

Step 2 – Pray through each issue

Step 3 – Allow Jesus to heal the painful memory

Step 4 – Continue to pray through the issues every day
until the pain of a specific incident is gone from your
heart

Family Members Who Have Hurt Me

	Release	Pay
List each family member who has hurt you in the past	How did they hurt you? (List issues)	Describe the emotional pain caused by the hurt.
Father - -		
Mother - -		
Step-parents - -		
Siblings - -		
Others - -		

*Lord, I choose to forgive _____ for _____
causing me to feel _____ and I am willing to pay for the emotional pain and
consequences that _____ has caused me. I ask You Lord Jesus, to take back the
ground I gave to the enemy through my bitterness and I yield that ground to Your control."

Emotional Pain Words

Abandoned	Despised	Insensitive to my needs	Sad
Accused	Despondent	Insignificant	Scared
Afraid	Destroyed	Invalidated	Secluded
All my fault	Devalued	Isolate	Self - disgust
Alone	Didn't belong	Judged	Shamed
Always wrong	Didn't measure up	Left out	Stressed
Angry	Dirty	Lied to	Stupid
Anxious	Disappointed	Lonely	Suffocated
Apathetic	Discounted	Lost	Suicidal
Ashamed	Discouraged	Made fun of	Taken advantage of
Avoided	Disgusted	Manipulated	Thwarted
Awkward	Disrespected	Mindless	Torn apart
Babied	Dominated	Mistreated	Trapped
Bad	Embarrassed	Misunderstood	Trash
Belittled	Empty	Molested	Ugly
Betrayal	Exhausted	Neglected	Unable to communicate
Betrayed	Exposed	No good	Unaccepted
Bewildered	Failure	Nor being affirmed	Uncaring
Bitter	Fear, Fearful	Not cared for	Uncared for
Blamed	Foolish	Not cherished	Unchosen
Can't do anything right	Forced	Not deserving to live	Unclean
Can't trust anyone	Frightened	Not listened to	Unfairly judged
Cheap	Frustrated	Not measure up	Unfairly treated
Cheated	Good for nothing	Not valued	Unfit
Condemned	Guilty	Opinions not valued	Unimportant
Confused	Hated	Out of control	Unlovable
Conspired against	Hate myself	Overwhelmed	Unnecessary
Controlled	Helpless	Pathetic	Unneeded
Cornered	Hollow	Powerless	Unnoticed
Crushed	Hopless	Pressured	Unprotected
Cut off	Humiliated	Pressured to perform	Unresponsive
Deceived	Hurt	Publicly shamed	Unsafe
Defeated	Hysterical	Put down	Useless
Defenseless	Ignored	Rejected	Violated
Defrauded	Impure	Rejection	Vulnerable
Degraded	Inadequate	Repulsed	Walked on
Depressed	Incompetent	Resentful	Wasted
Deprived	Indecent	Revenge	Weak
Desires were rejected	Inferior	Ridiculed	Wicked
Despair	Inhibited	Ruined	Worthless
	Insecure		Wounded

Resolving Bitterness Problems

Steps to resolve bitterness toward others, God and self

Step 1 – People Who Have Hurt Me worksheet ...

use Emotional Pain Words list ...

Step 2 – If you are blaming God, write down each way you feel He has hurt you ...

Step 3 – List each problem or issue for which you blame yourself ...

Step 4 – Pray through each issue and person ... ask the Lord to speak peace to your pain ...

Step 5 – Pray through each incident until you feel healed by the Lord ...

People Who Have Hurt Me

	Release	Pay
List each person who has hurt you in the past.	How did they hurt you? (List Issues)	Describe the emotional pain caused by the hurt.
Friends - - Teachers, students, classroom experiences - - Employer, employee - - Believers, church situations, pastor, leader, etc. - - God (List the ways you think God has hurt you.) - - - Myself (List each area for which you cannot forgive yourself.) - - - Others - - -		

"Lord, I choose to forgive _____ for _____
 causing me to feel _____ and I am willing to pay for the emotional pain and
 consequences that _____ has caused me. I ask You, Lord Jesus, to take back the
 ground I gave to the enemy through my bitterness and I yield that ground to Your control."

Emotional Pain Words

Abandoned	Despised	Insensitive to my needs	Sad
Accused	Despondent	Insignificant	Scared
Afraid	Destroyed	Invalidated	Secluded
All my fault	Devalued	Isolate	Self - disgust
Alone	Didn't belong	Judged	Shamed
Always wrong	Didn't measure up	Left out	Stressed
Angry	Dirty	Lied to	Stupid
Anxious	Disappointed	Lonely	Suffocated
Apathetic	Discounted	Lost	Suicidal
Ashamed	Discouraged	Made fun of	Taken advantage of
Avoided	Disgusted	Manipulated	Thwarted
Awkward	Disrespected	Mindless	Torn apart
Babied	Dominated	Mistreated	Trapped
Bad	Embarrassed	Misunderstood	Trash
Belittled	Empty	Molested	Ugly
Betrayal	Exhausted	Neglected	Unable to communicate
Betrayed	Exposed	No good	Unaccepted
Bewildered	Failure	Nor being affirmed	Uncaring
Bitter	Fear, Fearful	Not cared for	Uncared for
Blamed	Foolish	Not cherished	Unchosen
Can't do anything right	Forced	Not deserving to live	Unclean
Can't trust anyone	Frightened	Not listened to	Unfairly judged
Cheap	Frustrated	Not measure up	Unfairly treated
Cheated	Good for nothing	Not valued	Unfit
Condemned	Guilty	Opinions not valued	Unimportant
Confused	Hated	Out of control	Unlovable
Conspired against	Hate myself	Overwhelmed	Unnecessary
Controlled	Helpless	Pathetic	Unneeded
Cornered	Hollow	Powerless	Unnoticed
Crushed	Hopeless	Pressured	Unprotected
Cut off	Humiliated	Pressured to perform	Unresponsive
Deceived	Hurt	Publicly shamed	Unsafe
Defeated	Hysterical	Put down	Useless
Defenseless	Ignored	Rejected	Violated
Defrauded	Impure	Rejection	Vulnerable
Degraded	Inadequate	Repulsed	Walked on
Depressed	Incompetent	Resentful	Wasted
Deprived	Indecent	Revenge	Weak
Desires were rejected	Inferior	Ridiculed	Wicked
Despair	Inhibited	Ruined	Worthless
	Insecure		Wounded

Resolving Bitterness Problems

Finally, it is important to think about ways that we have caused others pain ... and ask for their forgiveness ...

Matthew 5:23-26