

THEME: SEVEN DEADLY PASSIONS – BITTERNESS

TOPIC: BREAKING FREE FROM BITTERNESS

TEXT: EPHESIANS 4:31-32; HEBREWS 12:14-15; JAMES 1:19-20; ROMANS 12:17-21; 1 JOHN 4:20; COLOSSIANS 3:13; ECCL. 7:9; MARK 11:25

INTRODUCTION

In learning to break free from Bitterness, it is important for one to take ownership of the situation and relinquish what is out of our control to God. Every time we replay someone's sin in our minds, we water the seed of bitterness in our hearts—and it grows. Today we will be concluding our series on bitterness, looking at a couple of characters who had a challenging situation but chose not to be bitter.

The Result of Breaking Free

Cain's attitude and that of the Syrophenician woman's reaction to Jesus and the demeanour of Esau when he met Jacob, several years after being cheated out of his birth right, compelled a blessing upon them where there should have been a curse.

All these men seem to settle for crumbs when others will ask for a mountain.

They knew that if you refuse to be bitter and take what the Lord brings, it could become greater. *Though thy beginning was small, yet thy latter end should greatly increase.*

Job 8:7

Their attitude secured a future for them, released the due of heaven. Who would think that when Jacob would meet Esau he would bow and call him Lord.

When honour comes, it could be from those who have made you bitter.

So if your birthright has been stolen, if someone has tampered with your blessing, maybe your rights were denied you at work, your coat of many colours taken like that of Joseph, you must recognise certain things.

They cannot take your coat of many colours and take your dream along with it. Once your dream is with you it will produce another coat.

Bitterness destroys you and most times the people you are bitter about do not know.

What should you do?

1. You should rather fight to win.

Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses. 1 Timothy 6:12

2. Win the prize.

I press toward the mark for the prize of the high calling of God in Christ Jesus. Philippians 3:14

3. Go for God's best for your life

But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. 1 Corinthians 2:9

4. Believe and obey God

If ye be willing and obedient, ye shall eat the good of the land: Isaiah 1:19

So while your accusers are saying things and people continue to be thorns in your flesh, remember whom God says you are. That should keep you sweet and not bitter.

In your valley moments, remember to say to yourself that you are blessed, favoured, and doors are open unto you. That way, no man will be able to stop you.

CONCLUSION

Breaking free from bitterness can involve acknowledging your emotions, forgiving others, and taking responsibility for your part:

Acknowledge your emotions: Recognize how your emotions affect your behaviour and work to release them.

Forgive the person who offended you, and forgive yourself. It's important to remember that forgiveness is a **decision, not an emotion.**

Take what responsibility you can for the situation and then confront any hidden fears you may have.

Finally preoccupy yourself with God's love by rehearsing the gospel of God's grace and love toward you.