



Hebrews 12 ¹⁴ **Strive for peace with everyone**, and for the holiness without which no one will see the Lord. ¹⁵ See to it that no one fails to **obtain the grace of God** - that **no “root of bitterness” springs up** and **causes trouble**, and by it many become defiled. ESV

Mark 11 ²⁵ Whenever you stand praying, if you have **anything against anyone**, **forgive him**, **drop the issue**, **LET IT GO**, **so that** your Father who is in heaven will **also forgive you** your transgressions and wrongdoings against Him and others. AMP

**BITTERNESS AND UNFORGIVENESS ARE DESTRUCTIVE FORCES THAT
STEAL OUR JOY, OUR RELATIONSHIPS AND OUR FUTURE
- KEEPING US BOUND TO PAST HURTS AND OFFENSES**

Ephesians 4 ³¹ Let **ALL BITTERNESS** and **wrath** and **anger** and **clamor** [perpetual **animosity**, **resentment**, **strife**, **fault-finding**] and **slander** be **put away from you**, along with **every kind of malice** [all spitefulness, verbal abuse, malevolence].

³² **Be kind** and **helpful** to one another, **tender-hearted** [compassionate, **understanding**], **forgiving one another readily and freely**, **just as God in Christ also forgave you**. AMP

BITTERNESS HANGS OUT WITH A ROUGH CROWD!

Ephesians 4 ²⁶ If you are **angry**, **don't sin** by **nursing your grudge**. Don't let the sun go down with you still angry — **GET OVER IT QUICKLY!** ²⁷ for **when you are angry**, you give a **mighty foothold to the devil**. TLB

WE ALL MAKE CHOICES TO LIVE WITH BITTERNESS OR REJECT IT. LIVING A LIFE NURTURING BITTERNESS ROBS US OF JOY AND THE GOODNESS GOD HAS FOR US.

**WHAT WILL YOU CHOOSE TODAY? TO LIVE BITTER OR BETTER?
SEEDS OF BITTERNESS CAN SPRING UP OUT OF HURTS, WRONGDOINGS,
JEALOUSY, ABUSE, LOSS, INJUSTICE, ABANDONMENT, EMBARRASSMENT,
DISAPPOINTMENT, SHAME... BUT GOD TELLS US IT'S OUR RESPONSIBILITY
TO GET RID OF BITTERNESS QUICKLY SO IT DOESN'T GROW.**

NAOMI, JOSEPH AND JOB ALL CHOSE TO LIVE BETTER AND NOT BITTER - THEY ALL HAD MANY HARDSHIPS, SORROWS, INJUSTICES OR WRONGS DONE TO THEM. BUT - THEY CHOSE TO GIVE GOD THE HURTS, THE OFFENSES, THE DISAPPOINTMENTS - THEY REFUSED BITTERNESS AND WENT ON TO LEAD LIVES FULL OF GOD'S GOODNESS AND JOY! YOU CAN TOO!

Proverbs 4 ²³ Above all, **BE CAREFUL WHAT YOU THINK**
BECAUSE YOUR THOUGHTS CONTROL YOUR LIFE. ERV

Philippians 4 ⁸ Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and **confirmed by God's word**, whatever is pure and wholesome, whatever is lovely and **brings peace**, whatever is **admirable** and of good repute; if there is any excellence, if there is **anything worthy of praise**, **THINK CONTINUALLY** on **these things** [**center your mind on them**, and **implant them in your heart**]. ⁹ The things which you have learned and received and heard and seen in me, **practice these things in daily life**, and the God who is the **source of peace** and well-being **will be with you.** AMP

YOU MUST CHOOSE WHAT YOU GIVE YOUR THOUGHTS TO.
DON'T LET HURTS KEEP HURTING YOU! CHOOSE TO LIVE FREE!

John 16 ³³ I have told you these things, **so that in me you may have PEACE.**
In this world you will have trouble. But take heart! I have overcome the world. NIV

Romans 8 ²⁸ And we know that **God causes ALL THINGS** to **work together for good**
to **those who love God**, to those who are called according to **His purpose.** NASB

1 Peter 5 ⁷ casting **all your cares** [**all your anxieties, all your worries**,
and **all your concerns, once and for all**] on Him, for He cares about
you with deepest affection, and watches over you very carefully. AMP

Psalms 23 ⁶ Yes, **goodness** and **faithful love** will **pursue me all the days of my life**,
and I will live in the Lord's house as long as I live. CEB

GOD CHASES US - HE PURSUES US WITH HIS GOODNESS AND FAITHFUL LOVE.
HE DOESN'T WANT US WRAPPED UP IN THE BONDS OF A ROOT OF BITTERNESS -
ENTANGLED IN ANGER, HATE, OFFENSE, SORROW OR SELF-PITY.

NEHEMIAH TELLS US THE JOY OF THE LORD IS OUR STRENGTH - THERE IS
STRENGTH IN HIS JOY! BITTERNESS MAKES US WEAK AND STEALS JOY!

TRUST GOD WITH ALL THE BITTERNESS IN YOUR HEART - LET IT GO!