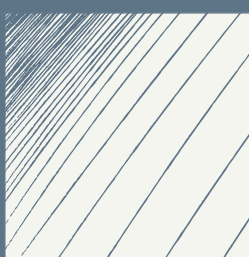


# REMOVING BITTERNESS

GET RID OF ALL BITTERNESS, RAGE AND ANGER, BRAWLING AND SLANDER, ALONG WITH EVERY FORM OF MALICE. BE KIND AND COMPASSIONATE TO ONE ANOTHER, FORGIVING EACH OTHER, JUST AS IN CHRIST GOD FORGAVE YOU. EPHESIANS 4:31-32

## WHAT IS IT ANYWAY?

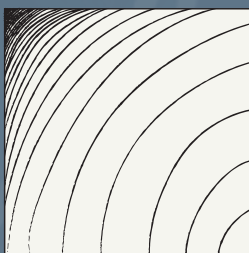
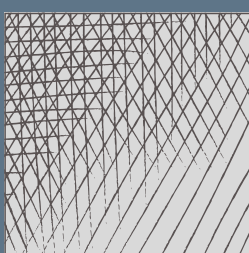


### ANGER

A strong and powerful emotion you experience when you think, believe or feel [perceive] someone or something has done you wrong.

### UNFORGIVENESS

Actively unwilling or rendering yourself unable to forgive, having or making no allowance for error or weakness outside of yourself.

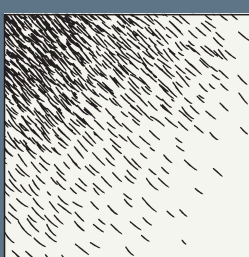
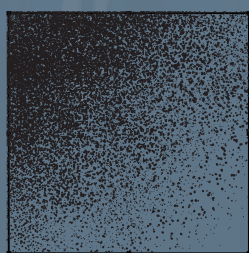


### DISAPPOINTMENT

Having been defeated in expectation or hope in someone or something.

### REJECTION

The emotion from an act of being dismissed, not given approval, wanted or accepted, by someone who refuses oneself



### OFFENSE

Annoyance or resentment brought about by a perceived insult to or disregard for oneself or one's standards or principles.

## DID YOU KNOW?

That wounds such as those that make up bitterness will change your personality, your ability to see people, situations and life clearly, and break down your spiritual, emotional, mental and finally physical health. The key to "putting away", releasing and letting go of bitterness is in found in forgiveness. Bitterness at the end will produce rage and anger, brawling and slander, along with every form of malice. Malice is intentional evil. Bitterness will corrupt your very soul. However, the forgiveness of the offense and the offender opens your soul to the much needed healing that the Lord gives us in forgiving we give that now too!

## HEALING IS HERE DECIDE TO FORGIVE THEM

PRAY FOR THE LORD TO HELP YOU DO SO AND REFUSE TO REPLAY THE OFFENSE THAT LED YOU TO BITTERNESS

PRAY FOR THOSE WHO HURT YOU AND ENLIST THOSE WHO LOVE YOU TO PRAY WITH YOU TOO

REMEMBER ALL THE THINGS THE LORD FORGAVE YOU OF AND HEALED YOU OF TOO

RENEW YOUR MIND AND BE KIND AND COMPASSIONATE TO OTHERS AND YOURSELF IN FORGIVENESS AS YOU GO AND GROW

