



CHRIST CHURCH RESOURCES

BITTERNESS/RESENTMENT

Bitterness and Resentment can oftentimes come from hurts. Often we may feel rejected or not accepted by the ones who hurt us. We can react in many ways like anger, withdraw, acting out, aggression, closing ourselves off, and many other ways. All of this is our way of self-protection and coping. But sometimes this can create a place within our heart that allows Bitterness and Resentment to take root. When we allow these to take root in our heart, it begins to affect how we love others, and forgive others, and can eventually lead to our hearts becoming hardened.

Forgiveness is the answer to overcoming Bitterness and Resentment. Forgiveness isn't "letting that person off the hook", it's releasing the burden that you are carrying about that person, or that incident over to God for Him to bear that burden. Forgiveness is a choice. Forgiveness isn't denial that something happened to hurt you, it is acknowledging that you were hurt and that you need God to take this from you, so that Peace, can be what is resident within your heart. It is an exchange. Giving to Jesus our, Bitterness and Resentment, in exchange He gives us Peace and Joy and Freedom.

We want to help you walk through this. Our Altar Ministers are available every Sunday service to pray with you and for you.

SCRIPTURE

Isaiah 61:1

Psalms 147:3

Psalms 34:18-19

Philippians 3:13-14

Matthew 5:44

2 Corinthians 2:7

Luke 23:34

Ephesians 4:32

Psalms 46:1

RESOURCES

Dr Henry Cloud – www.boundaries.me

Bondage Breaker by Neil Anderson

Truly Free by Robert Morris

PRAYER OF DECLARATION

God knows me and loves me. His Spirit is near to me. He hems me in and protects me, and heals my broken heart. Today I receive my healing. What the devil meant for evil, God will turn for good. I have authority to overcome all the power of satan. People may have hurt me, but I am not a victim. I release all who have hurt me in any way. I command a blessing on all my enemies. I entrust them now to the Righteous Judge. I choose to forget the past and leave it behind. I pull up all bitter roots and throw them in the fire! I renounce all anger, resentment, and hatred. Make my hands reach out in blessing to lift others up. Lord, cleanse my mouth of all hurtful words. Let these lips speak words of healing, encouragement, and blessing. Lord, cleanse my eyes of all looks of hatefulness and intimidation. Let my eyes show forth love, kindness, and tenderness. God has a plan for me, a hope and a future to prosper me and bless me. He will restore to me all of the years the devil has stolen. I cast my burden on Him. The old is gone, the new has come. Amen.