

# ADU MENSAH



# BREAKING THE POWER OF BITTERNESS

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# INTRODUCTION

One of the most powerful negative forces that can destroy man and those around him is **bitterness**. Bitterness can be defined “*as a fact or an event that is unpleasant and difficult to accept with an ill-feeling*”. The sad reality

is that, many of us do not know the damage we do to ourselves and others by allowing bitter-rooted judgments in our lives.

Many have caged their hearts because of hurts and bad experiences, or because of the things others have said or done to them. Therefore, they close their hearts in self-defense. No doubt, these are bitter roots that defile. The fact about life is that, someone is going to hurt you deeply, and that may be a friend or an acquaintance.

Therefore, one thing we need to understand, embrace and practice is not to allow anyone ruin our life, by making us hate him or her. Why would you allow one person out of about eight billion people on Earth to make your life miserable? It is your responsibility not to be bitter, but to be better. Bitterness would defile you and make you defile others as well. When a person is bitter, every good thing in him is “*poisoned*” by bitter-rooted judgments.

Bitterness hinders the flow of grace, favour, mercy and all that make up the blessings of God. Take heed that you do not get bitter in life. I pray this book would be a blessing to you.

Stay blessed!

## CHAPTER 1: TREE STRUCTURE ANALYSIS

### HEBREWS 12:15

*Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.*

There are major essential parts of a tree, which include:

- \* **The Leaves and Branches,**
- \* **The Stem and**
- \* **The Root.**

In a tree, the root grows under the ground and absorbs water and nutrients that it sends to other parts of the tree. Also, the root anchors the plant to the ground and also supplies its food. It must be noted that the root is below the Earth surface which is not easily visible.

The root determines the life and future of a tree; in other words, any problem that may befall the tree may originate from the root.

If the root is unhealthy, this would reflect on the plant, and the whole tree would be sick as well. The same is true when the seed of bitterness is planted in our hearts, it will grow out of control, and eventually yield crops of anger, sorrow and pain. Like a small root that grows into a big tree, bitterness can spring up in our hearts, sprout and overshadow all other good things in us.

The root is the base or foundation of a plant that absorbs nutrients from the soil to supply nourishment to the plant, but when the soul of a man is rooted in bitterness, a devastating chain of sin springs up. Bitterness ripens into jealousy, anger, rebellion, hatred, and even murder. We can prevent these negative attitudes from taking root, because if the seed does not find fertile soil, its bitter fruit will not ripen.

### **DEUTERONOMY 29:18**

*Lest there should be among you man or woman, or family, or tribe whose heart turneth away this day from the Lord our God, to go and serve the gods of these nations; lest there should be among you a root that beareth gall and wormwood.*

For us as a people, our “root” represents the foundation of life, our home and future. When we are confronted with problems, it is important to attack the root of the problem in order to obtain a permanent solution. If we have

within us roots of bitterness, we would produce fruits that we do not want in our lives. Some of the fruits of bitterness are:

- \* Anger
- \* Rebellion
- \* Distractive Criticism
- \* Self-rejection
- \* Negative Reaction
- \* Sadness
- \* Self-condemnation
- \* A Low Self-Esteem
- \* Grief
- \* Sorrow
- \* Self-pity
- \* Hatred
- \* Violence
- \* Worry
- \* Depression
- \* Murder, etc.

These are the vices we must identify, expose and uproot in our lives. When a person is bitter, his or her taste becomes unpleasant and sour. Every good thing in a person is poisoned by the bitter roots in him or her.

Together, they produce stress and anguish in the soul, which in turn destroy physical health.

### **PSALM 38:7-8**

*For my loins are filled with a loathsome disease; and there is no soundness in my flesh. I am feeble and sore broken: I have roared by reason of the disquietness of my heart.*

### **LUKE 6:43-44**

*For a good tree bringeth not forth corrupt fruit; neither doth a corrupt tree bring forth good fruit. For every tree is known by its own fruit. For of thorns, men do not gather figs, nor of a bramble bush gather they grapes.*

## **MATTHEW 7:20**

*Wherfore by their fruits ye shall know them.*

The truth is, bitterness can affect every area of life. This is because when you are hurt, it goes deep into your spirit, your emotions and your personality, and it metamorphosis into anger. If anger is not dealt with, it transforms into bitterness. Those bitter roots can enter into the mind and cloud ones reasoning.

Bitterness grows like a seed. Therefore, it is important not to allow it become a seedling; else, it would grow and take over your whole life, while blocking the pipeline of your life.

One of the prime causes of bitterness is anger, characterized by unfulfilled expectations. Often, the driving force behind anger in our lives can be attributed to the high expectation we envisage in those around us, especially in the area of relationship. When we expect them to do or say certain things and they act in the contrary, we feel disappointed and get angry.

Anger can hurt others and is capable of destroying relationships. When we have expectations on the direction life should go for us, or how people should treat us, and it does not go that way, anger sets in. Reacting in anger gives the devil the needed opportunity to oppress, torment and afflict us. Anger always blinds us to a fault; hence, it can lead to hatred and even murder. The Bible doesn't tell us that we shouldn't be angry, but it points out that it is important we handle our anger with great care.