



### **No Growth – Bitterness**

**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;**

*Hebrews 12:15*

**Blame**----- Romans 3:14

**Ignorance**-----Ephesians 4:18

**Tension**-----John 14:1

**Thinking**-----1 Corinthians 2:11

**Evil**-----Ephesians 4:31

**Regret**-----2 Corinthians 7:10

**Network**-----Proverbs 16:28

**Eager**-----Matthew 6:34

**Sick**-----Job 21;25

**Sin**-----Acts 8:23

Bitterness. How does a human being find themselves in this condition? Observation. What we see and what we hear may contribute to this feeling. The sensation creates a reaction to retaliate by condemning the person that causes us to have this feeling. Our behaviour changes when we see the person, hear them, or even mention that person. When we are away from that particular individual, the thoughts take over on how to alleviate this feeling to regain some satisfaction. However, such planning could lead us to bad intentions towards the person. Therefore, to avoid the anguish, we must not create mischief by ourselves or with friends toward anyone. Instead, we must resolve the matter with the person that is making us feel bitter. After the resolution, we must do something of interest, hobby, or some new craft to change our mindset. This consideration will build us up and save us from sickness and believers from sin.

**Dear God, help me to get over this feeling and forgive those people that made me feel this way. Thank you God.**