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"Guard against turning back from the grace of God. Let no one become like a bitter plant that grows up and causes many troubles with its poison." (Heb. 12:15) GNT

Healing Bitter Roots

ncreasing number of people are becoming unhappy, losing hope and courage, not because of lack of food and shelter, but partly because of non-fulfillment of one's expectations, resulting into anguish of mind. We are creature designed to be functional - useful and operating correctly. When this fails, we are stressful and troubled; becoming hard to deal with and hard to bear. Our sense organs are gates to our soul. What we see, hear or perceive can determine healthy or damaging emotions. Anything that makes us unhappy and plunges us to sadness, feeling upset, can produce bad effect to our soul. When we hurt, it takes deep roots into our soul. Expression of sorrow, pains, hurts and wounds spring up from the deep roots of abuse and inner conflicts.

"Guard against turning back from the grace of God. Let no one become like a bitter plant that grows up and causes many troubles with its poison", (Heb. 12:15 (GNT)). Bitter parents will raise bitter children. Bitter children may develop crushed emotion and contaminate others with insidious character. Allowing bitter root to grow brings the harvest of pain. We can be bitter about anything such as painful memories of our childhood, unfair treatments by friends and relatives, failing examination, disapproval, abuse, betrayal, abandonment, disappointment and the list goes on.

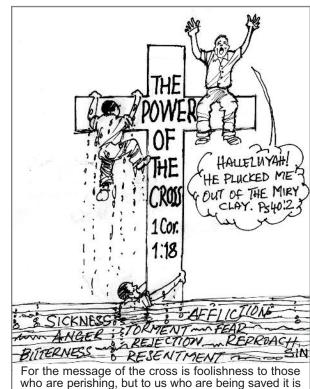
It is unfortunate that the word "hurt" does not have a past tense. "Hurted" is an archaic or non-standard simple past tense and past participle of hurt. Hence, I can say, "I hurt", "I am hurting", "I have been hurting", "I was hurting".

Therefore, when you are hurt today, if not well taken care of, it is possible to keep hurting the following day and many days or months, even years to come.

Hurt takes deep roots into our soul. Such roots vary in sizes and categories. Just like in some plant species, the first root (radicle) emerging from the germinating seed, persists and grows straight down into the soil, then grows horizontally as secondary roots. So also hurt and offense persist and grow deep into our soul.

This summer, I noticed rapid growth of weeds on my lawn. It even grew faster as I cut them. One day, I decided to dig around one of the weeds to discover the depth. I dug down to about two feet and kept digging. I stopped when I dug up to two feet and five inches. I know this because I took the measurements. I discontinued, knowing I may dig much deeper and I didn't want to destroy my lawn, and then I cut off the root. In digging, some good parts of the lawn were damaged. This experience made me to understand that if bitterness takes root in you, both you and others will suffer the consequences.

Peter, the Apostle, declared to Simeon of Samaria, "You need to turn from your past, and you need to pray that the Lord will forgive the evil intent of your heart. I can see deep bitterness has poisoned you, and wickedness has locked you in chains" (Acts 8:22-23



the power of God. (1 Cor. 1:18)



(VOICE)). He was poisoned with deep bitterness and locked into these problems because of "past" and "evil intent of his heart" as said in Acts 8:22 (VOICE). We can be snared by our past lives by permitting hurt and offences to torment us. It is impossible not to get bitter when offended. However, it is also impossible to be bitter and get better at the same time. Watch out the chain effects: anger can stir up irritability, rage and frustration; while sadness can lead to shame and guilt. In like manner, joy brings optimism, eagerness, hope and triumph. It's been said that emotional events are likely to be recalled more often and with more clarity and detail than neutral events. Everyone has the tendency to be negative and passive, negative and forceful, or negative and not in control when we allow negative thoughts to overwhelm us. At the same time, we can be positive and lively when rightful thoughts fill our hearts.

From my over three decades of counseling and ministering to people of different races and cultures; and travelling around the world, I have discovered the following:

- · People show willingness to manipulate others for personal gain.
- Less number of people show motivation to help others at a personal cost.
- There is an increasing number of those with tendency to feel pleasure from inflicting pain to others.
- We easily find faults with others while we exonerate ourselves.
- We become jealous when somebody success is not linked to us.

It is unfortunate that people struggling with bitterness are in denial, even though the feelings are real. However, we can test the depth of bitter roots by considering the following: (1) "When a person who has offended you walks into a room, how do you respond? Here are the "Ten warning signs of bitterness".

When we hurt, it takes deep roots into our soul. Expression of sorrow, pains, hurts and wounds spring up from the deep roots of abuse and inner conflicts.

- 1. Do negative feelings immediately overcome you, causing you to put on a hypocritical happy face?
- Do you intentionally turn away to ignore and avoid him or her?
- 3. Does the mere mention of his or her name leave a "bitter taste in your mouth?"
- 4. Does thinking about him or her "make you sick" give you a bitter stomach?
- 5. Do you have a similar negative reaction when you just hear his or her name mentioned?
- 6. Do you resent his or her success hearing any good report about him or her?
- 7. Do you secretly desire misfortune or failure or worse to come his or her way?
- 8. Does the person who offended or hurt you come to mind often?
- 9. Do you mentally argue with them i.e., dream or daydream about "putting him or her in their place"?
- 10. Do you feel the need or do you see a tendency to talk to others about the failures or shortcomings of those who hurt or offended you?

If you have any of these symptoms, you have, at the very least, a root of bitterness".

I see bitterness as a test of our love for God. Why? I consider the children of Israel after the triumph at the Red Sea, the next major encounter was with bitter water. "So Moses brought Israel from the Red Sea; then they went out into continue on page 6



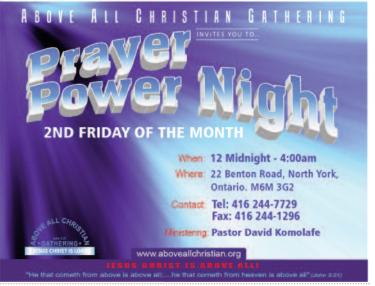
..the Joy of Serving the Lord Jesus Christ and working in the fulness of His Power and Glory

"I was glad when they said unto me, let us go unto the house of the Lord." (Psalms 122:1)

SUNDAY 10.00AM - 1.00PM MORNING SERVICE WEDNESDAY 7.00PM - 9.00PM REVIVAL SERVICE 1ST SATURDAY 8.00AM - 10.30AM ARISE & SHINE OF EACH MONTH LAST SATURDAY 9.00AM - 11.00AM PRAYER CRY FOR YOUR CHILDREN OF EACH MONTH 2ND FRIDAY PRAYER POWER NIGHT 12.00AM - 4.00AM OF EACH MONTH

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Healing Bitter Roots - continued from pg. 3

the Wilderness of Shur. And they went three days in the wilderness and found no water. Now when they came to Marah, they could not drink the waters of Marah, for they were bitter. Therefore the name of it was called Marah. And the people complained against Moses, saying, "What shall we drink?" So he cried out to the Lord, and the Lord showed him a tree. When he cast it into the waters, the waters were made sweet. There He made a statute and an ordinance for them, and there He tested them", (Exo. 15:22-25).

"... and there He tested them" (v. 25) "... to test their commitment to him" (v. 25 (TLB))

We also encounter bitter water on our journey in life as we set to possess God's promises. I can't imagine how thirsty the people of Israel were and seeing a pool of water ahead of them in the desert. They would have been greatly encouraged with relief to get satisfied. But unfortunately the water was too bitter to drink. Nonetheless, by Divine prescription, "So he cried out to the LORD, and the LORD showed him a tree. When he cast it into the waters, the waters were made sweet. There He made a statute and an ordinance for them, and there He tested them", (v. 25). A tree cast into the water, a symbol of the Cross. "Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed", (1 Pet. 2:24). It is only the power in the Cross of Jesus that can reach the deepest root of our bitterness.

After the bitter water was made sweet, God established a healing covenant with His people. What a connection of

bitter water with healing? Negative emotions can have detrimental effect on our physical body. In praying for the sick, I have been led to command bitter water causing sickness and disease to dry up and get out, in Jesus' name. I have witnessed signs and wonders taken place. You too, can decree the power of the Cross of Jesus to breakforth into your life to root out bitterness and command healing to your soul. The covenant of healing from the bitter water was, "I am the LORD who heals you", (v. 26). From bitter water, they moved to the place of flourishing.

Unfortunately, many of us today get hooked to our bitter experience and cannot experience the sweetness the power of His Cross can give, hence denying ourselves the healing and abundant daily provision.

"Then they came to Elim, where there were twelve wells of water and seventy palm trees; so they camped there by the waters", (Exo. 15:27).

You too can move past your bitter childhood, bitter relationship, bitter career and every form of bitterness, to flourishing experience.

The children of Israel moved from Marah (Bitterness) to Elim, then to the place where Manna descended from heaven - a daily provision in the wilderness. Unfortunately, many of us today get hooked to our bitter experience and cannot experience the sweetness the power of His Cross can give, hence denying ourselves the healing and abundant daily provision. Though knocked down, you can come back stronger than ever, arising from the ashes.

I commend you to start living a healthy and fulfilling life.

Reference: (1) http://www.thet.com/prestoncountrynews/faith-curse of bitterness-can-destroy/article

