

BITTERNESS

I remember

- how my Dad
- controlled me
 - said neg. things about my figure looks, etc
 - expected perfection, nothing less
 - was physically abusive
 - left us for someone else

how my Mom

- picked at me about everything looks/work
- loved my sibling more than me
- was never home
- left me to babysit my siblings a lot
- was jealous of my relationship with my Dad / boy friends
- emotionally controlled me & still does

Reasons for bitterness

dysfunctional home

Wrong Responses

- since I was hurt I will make those in my life pay by:
 - silence
 - withholding what they want e.g. (relationship, sex in marriage)
 - lashing out with unreasonable anger

• replay in mind the offenses suffered in the past:

→ grows the root of bitterness into a flowering plant

→ many are affected by the plant of bitterness (family, fellow workers, BOC)

→ will repeat the same cruel treatment they experienced as a child (to their wife, children, BOC)

• inability to love & trust God - hate & fear Him

→ never feel forgiven by God

→ vulnerable to Satan's accusation

→ relate to others with a works mentality

→ emotional & health problems (depression, negativity)

