

## RELEASING ANGER AND BITTERNESS

*While God desires that we recognize our anger and bitterness toward others, harboring those feelings and refusing to work toward the restoration of broken relationships is contrary to His will. We need to prayerfully confront and confess inner feelings of anger, and then surrender them to the loving healing of our heavenly Father.*

***God calls us to first confront our own feelings openly and honestly...***

Stop being mean, bad-tempered, and angry. Quarreling, harsh words, and dislike of others should have no place in your lives. Instead, be kind to each other, tenderhearted, forgiving one another, just as God has forgiven you because you belong to Christ. *Ephesians 4:31-32 TLB*

For, dear brothers, you have been given freedom: not freedom to do wrong, but freedom to love and serve each other. For the whole Law can be summed up in this one command: "Love others as you love yourself." But if instead of showing love among yourselves you are always critical and catty, watch out! Beware of ruining each other. *Galatians 5:13-15 TLB*

Look after each other so that not one of you will fail to find God's best blessings. Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives. *Hebrews 12:15 TLB*

Anyone who says he is walking in the light of Christ but dislikes his fellow man is still in darkness. But whoever loves his fellow man is "walking in the light" and can see his way without stumbling around in darkness and sin. For he who dislikes his brother is wandering in spiritual darkness and doesn't know where he is going, for the darkness has made him blind so that he cannot see the way.

*1 John 2:9-11 TLB*

A man with hate in his heart may sound pleasant enough, but don't believe him; for he is cursing you in his heart. Though he pretends to be so kind, his hatred will finally come to light for all to see. *Proverbs 26:24-26 TLB*

***Our heavenly Father calls us to work actively toward forgiving others and restoring broken relationships...***

Your heavenly Father will forgive you if you forgive those who sin against you. *Matthew 6:14 TLB*

I am warning you! "Rebuke your brother if he sins, and forgive him if he is sorry. Even if he wrongs you seven times a day and each time turns again and asks forgiveness, forgive him." *Luke 17:3-4 TLB*

Follow God's example in everything you do just as a much loved child imitates his father. Be full of love for others, following the example of Christ who loved you and gave himself to God as a sacrifice to take away your sins. And God was pleased, for Christ's love for you was like sweet perfume to him. *Ephesians 5:1-2 TLB*

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins too. *Mark 11:25 TLB*

Dear brothers, if a Christian is overcome by some sin, you who are godly should gently and humbly help him back onto the right path, remembering that next time it might be one of you who is in the wrong. *Galatians 6:1 TLB*

When you forgive anyone, I do too. And whatever I have forgiven (to the extent that this affected me too) has been by Christ's authority, and for your good. A further reason for forgiveness is to keep from being outsmarted by Satan, for we know what he is trying to do. *2 Corinthians 2:10-11 TLB*

