

Lord, Heal My Hurts - The Cure For Bitterness - Lesson 13

Meekness	Psalm 37
Meekness is not weakness - takes great strength that supersedes human ability - It is the key that opens doors that have held you captive in a cell of anger and bitterness - Grants you peace and freedom like you have never experienced - Attitude of submission and trust that accepts all of God's ways with us as good and therefore does not murmur, dispute, or retaliate - It realizes what comes to us from man it is permitted and used by God for our discipline as His children and a means of purifying us - It is a trusting attitude that looks beyond the circumstances and beyond man to the sovereign God and bowing the knee, says, "Lord, what pleases Thee pleases me." - It is not the natural disposition of sinful man - it is impossible apart from the Spirit of God - Ps 37:11 - the humble (meek) will inherit the land and will delight themselves in abundant prosperity Inherit the land = it describes hope - future expectation of eternity (Mt 5:5)	Contrasting the angry with the meek (humble, gentle) Ps 37:9, 18, 22, 29, 34 - inheriting the earth - Verse 8 - Fret = #H2734 - hara = to be hot, furious, burn, kindled, to blaze up - 9 - one characteristic is meekness is trust - You may have suffered greatly in this life - May have been deprived in the world's eyes (or your own) - There is life yet unseen, unexperienced which is so wonderful that the sufferings of this present time are not worthy to be compared with the glory that is yet to be revealed (Ro 8:18) - The wicked will perish but you will inherit the land - 18 - you were made blameless in Christ - You walk a blameless life by being filled with and controlled by the Spirit (fruit of the Spirit - Gal 5:23 - meekness is translated gentleness) - 22, 29 - the blessed and the righteous (the meek) inherit the land - meekness is an attitude that trusts, commits, rests, and waits (enjoying patiently waiting) - 34 - the reward for those who are meek - inherit the land - 38-40 - the promises to the meek - He is their strength in the time of trouble - He helps them and delivers them - He delivers them from the wicked - He is their refuge

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Meekness Subdues Anger	Bitterness
- You don't need to hold onto your anger - in meekness - let it all go - Lay it at the feet of your Savior - Take refuge in Him - Draw His strength - Know the awesome, incredible release and peace of letting all the anger and bitterness go - He will help you - He will exact righteous judgment and deal with those who have sinned against you or your loved one - Don't let anger destroy you - Put it away and cloth yourself in His meekness - When anger comes - meekness keeps it under control - Mt 5:39, 44-45, 48 - Insults and injuries which man may inflict are only permitted and used by God for chastening and purifying His beloved child - Come to Him all you who are weary and heavy laden (hurt, anger, bitterness) and He will give you rest (Mt 11:28) - Take His yoke - become His covenant partner - make His kingdom your goal - His yoke is easy and His load light (Mt 11:30) - Trust Him to take the horrible, difficult things of your life as His instruments of discipline and purification to make you into the image of His Son	- World's definition = anger and disappointment at being treated unfairly; resentment - Biblically - a deep, festering emotional state of resentment, anger, and hostility that comes from unreleased hurt or perceived unfairness Characteristics - Unforgiveness - holding onto a past wrong and refusing to let go of the offense - Resentment - harboring long-term anger and a harsh, cold, or cynical attitude toward others - A "root" - He 12:15 - that springs up, causes trouble and defiles many people around the person Instruction/Warning - Eph 4:31-32 - get rid of all bitterness . . . replacing them with kindness and forgiveness - James 3:14-16 - bitter jealousy and selfish ambition in your heart - arrogance and lying against the truth - it is earthly, natural, demonic!

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Hebrews 12:1-15	Acceptance - to believe and submit
Father's Discipline - Don't regard lightly the discipline of the Lord (5) - Don't faint (weaken, exhaust, grow weary, be tired out) when reprov'd (chided, to expose or bring to light wrong doing, show fault, demand an explanation) by Him - Those whom the Lord loves He disciplines (6) - He scourges every son whom He receives (6) - You need to endure discipline - God deals with you as with sons (7) - No discipline - not sons - illegitimate children (8) - Respect comes with discipline (9) - Comes for a short time as seems best to them - He disciplines us for our own good so we may share His holiness (10) - Doesn't seem joyful at the moment - yet it yields the peaceful fruit of righteousness (11) - Strengthen each other so that you can be healed (12-13) - Pursue peace with all men and sanctification - without them no one will see the Lord (14)	1. Know God - accept His character and His sovereignty - God loves you, no matter what you are like or what you have done - God is love - His love draws you to Him - He initiates this relationship - He has loved you with an everlasting love (Jer 31:3) - Love desires your highest good and is willing to pay the ultimate sacrifice to attain it - sacrifice of His Son - Hurts are healed by unconditional love 2. Accept the grace of God <u>Saving grace of God</u> - by grace you have been saved - covenant of grace God takes away your sin and puts His Spirit in you - giving you righteousness - Spirit is a seal that God will keep His promise by redeeming your body and giving you eternal life - accept that Jesus is God - the One who will deliver you from your sin - He has the right to rule over your life as Lord (Master) - He is who He says He is and we have to accept His Lordship or we will not be healed <u>Grace keeps us from bitterness</u> - During testing, trials, hurts, and pains - rest assured that God's grace is sufficient to handle anything that comes your way - When the Heavenly Father allows you to endure discipline or experience chastening - don't fall short of the grace of God by failing to appropriate everything which God has provided for you - freely given to you on one condition - FAITH - according to His grace you are who you are (I Cor 15:10) - Everything from the time you were conceived until right now has gone into that which has made you His and equipped you to be a co-laborer in His kingdom. - This is what God's word says - it is TRUTH because God doesn't lie - Jn 15:16 - You didn't choose Me, but I chose you, and appointed you to go and bear much fruit - Eph 2:10 - You are His workmanship created in Christ Jesus unto good works which God prepared beforehand for you to walk in them - To fail to accept these truths and live in obedience to them is to come short the grace of God 3. Accept God's love - God's love heals - Unbelief is the root of all sin - it is cured by belief - belief brings healing

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Allowing God to Love Others Through You	Accepting Rejection
This is part of healing process - Ro 5:5 - God's love poured out through us through Holy Spirit - I Jn 4:19 - We love because He first loved us - many say that self-love is the prerequisite for loving others - Ability to love God and to love our neighbor is proportionate to our ability to love ourselves BUT - In order to really love God and others we must first die to self - Death to self allows me to take up my cross, deny myself, and follow Him - Mk 8:35-36 - Gal 2:20 - I have been crucified with Christ, no longer I who live, but Christ lives in me What about the command to love my neighbor as I love myself - Mk 12:28-33 - have a right relationship with God and others - Ro 13:8-10 - love is the fulfillment of the law - Phil 2:3-8 - regard others as more important than yourself - II Tim 3:1-5 - lovers of self - mark of evil men The cross doesn't demonstrate our worth to God - it demonstrates God's unconditional love toward us When we present the gospel - never present is it on the basis of man's worth - that distorts the Gospel It is pure grace that is poured out to save a wretch like me (I Tim 1:15-16 - Jesus came to save sinners) - sinners deserve hell - God in love, mercy, and grace offers us heaven - Not on our own merits but because He first loved us - Bear the fruit of love - not self - His love flowing through you will heal others	Many hurts center around the lack of acceptance - others in some way rejected you - We in turn do not accept others - Lack of trust, Fear of being hurt, Beat them to the punch - don't give them opportunity hurt because parents, spouse, children, friends, someone in their lives did not live up to their expectations, desires, or ideals We find it difficult to accept others because 1. We feel (rightly or wrongly) that they owe us something, a "debt" they have not fulfilled - love, respect, honor, time 2. They're not what we wanted/expected in our relationship with them 3. In their actions, mannerisms, or treatment of us - they remind us of someone who has hurt, embittered, failed, or rejected us Healing won't come until you before God in meekness and accept the fact that this relationship has been permitted by God and has an eternal purpose If that relationship would have permanently damaged you (as many caught in worldly wisdom would say) then God would have divinely intervened - remember that God's Word promises that all things will work together for your good to conform you into His image - He loves you

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Working Through Anger, Bitterness, Rejection, Unforgiveness

If you have people in your life with whom you harbor unforgiveness, anger, bitterness
make a list of their names - one name on each paper

Consider these 5 questions - and write down their answers on each page

1. What do you think _____ (fill in the blank with their name) owes you?
2. What do you deserve in your relationship with _____ that you are not receiving or have never received?
3. Is the mold that you expect him/her to fit into one that you are sure God expects?
4. Do you resent that person because he or she reminds you of someone? Who? How?
5. Do you project your feelings, attitudes, or thoughts on that person that you are not absolutely sure he or she has? Why?

Look up Ro 15:7 and write it out. Memorize it. Pray this verse with this person in mind.

Now ask these questions about your self.

1. In what state were you in when Jesus Christ accepted you?
2. If you were to extend the love of God to the people you listed, how would you respond to each of them? - Write this on the paper with that person's name and how you are going to live in obedience to Ro 15:7.
3. Are you willing to forgive them? Remember that love and forgiveness go hand in hand.
4. Tell God that you will, in faithful obedience, accept them as He and His Son have accepted them.