

Root of Bitterness

See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled. – Hebrews 12:15

Bitterroot springs up even when the root seems dead and dried out. In the right conditions it grows, replacing the original plant.

Symptoms

- Sadness, anger, and resentment
- Sense of injustice or betrayal
- Persistent judgment toward someone held responsible
- Rehearsed loss or pain

Effects

- Experienced or imagined loss remains
- Similar offenses combine and accumulate
 - Themes develop and grow
- Emotional pain rises out of anger and resentment
 - Blame, internal conflict, discontent
- Physical pain follows unresolved bitterness
 - Stress, striving, physical conflict
 - Autoimmune diseases, hard-to-diagnose symptoms
- Victim mentality
 - Sense of hopelessness
- The one held responsible cannot repay

Resolving Bitterness

- Ask for the source or origin
- Take account of the losses and pains
- Identify and forgive the offender(s)
- Receive reconciliation from God
 - Recognize the loss that has been forgiven
 - Accept peace from God as payment in kind
- Confirm a new identity
 - Who does God say you are?
- Give thanks