

Day 1:

Scripture: "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

Reflection: What "roots of bitterness" might be growing in your heart?

Application: Ask God to reveal any hidden bitterness you may be harboring.

Prayer: Lord, search my heart and show me any bitterness I need to uproot.

Day 2:

Scripture: "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice." - Ephesians 4:31

Reflection: How has bitterness affected your words and actions toward others?

Application: Identify one relationship where you need to "put away" bitterness.

Prayer: Jesus, give me grace to release bitterness and speak words of life.

Day 3:

Scripture: "Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive." - Colossians 3:13

Reflection: Who do you need to forgive as Christ has forgiven you?

Application: Take a step toward forgiving someone who has hurt you.

Prayer: Father, help me to forgive others as you have so graciously forgiven me.

Day 4:

Scripture: "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:18

Reflection: How can gratitude help overcome bitterness in your life?

Application: Make a list of things you're thankful for, even in difficult circumstances.

Prayer: God, fill my heart with thanksgiving instead of bitterness.

Day 5:

Scripture: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law." - Galatians 5:22-23

Reflection: Which fruit of the Spirit do you need most to combat bitterness?

Application: Ask the Holy Spirit to produce this fruit in your life today.

Prayer: Spirit, transform my heart and produce your good fruit in me.