

✓ OWF.7. How to Move from Bitterness to Honour

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How to Move from Bitterness to Honour

- [Mat 18:35](#) "So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."
 - Refusing to forgive exposes us to demonic torment
- Mal.4:5-6
- God has promised to send the spirit of Elijah to turn hearts...to bring deep repentance and change
- God invites us to come to Him and be healed and changed

Practical Steps of Action

1. Recognise:

- **If the fruit of dishonor is present we know there is a root in the heart**
 - Acknowledge the presence of offense, bitterness and dishonor
 - Because there is a delay between sowing and reaping people do not easily connect the current problems s that are experiencing to violations of Kingdom Laws
 - Often we need help to connect the current reaping with earlier sowing dishonor

2. Responsibility

- **Blaming others blinds us to the reality and consequences of our own choices and reactions**
 - Blaming others is the pattern of a Victim Mindset
 - Blaming others for your pain causes powerlessness and bitterness
 - We are called to bear the Image of God. He is not a victim. This is not who we are in Christ
- We need to identify and acknowledge damage and pain and anger in our heart and take responsibility for its presence and its removal
 - An Anger letter can help with the process
 - Journal what has happened....the pain and impact...the response to control pain

3. Grieve Your Loss

- **Acknowledge and release the grief and pain to the Lord and bring it to the cross to receive comfort and healing**
 - Grieving brings buried pain to the surface
 - Choosing to release it to the Lord and seek His comfort is an act of faith
 - In order to move forward to Forgiving from the heart we acknowledge injustice and heart pain
 - Ask Holy Spirit to remove the pain

4. Release Forgiveness

- Release forgiveness from the heart to the offender....speak forth release
- **Forgiveness does not mean:**
 - It didn't matter
 - The relationship is now reconciled
 - Can now Trust the person
- **Forgiveness does Mean**
 - Releasing the debt totally
 - Closing the legal right to demons to torment
 - Break free of the person and their destructive actions

5. Repent of and Renounce and Cancel all Judgments made in Heart against parents

- Our own reactions are our own choices and we are responsible for them
- What is held in your heart that needs to be confessed and repented of?
- Any judgments made about people must be cancelled and withdrawn
- Often people do not realize they have made judgments

6. Confess and Renounce Generational Curses

- Sometimes the brokenness and sin in the family is Generational
- You maybe wrestling a destructive spiritual force in the family that no one has overcome
- You may be the one God has chosen to bring this destruction to an end
- Declare it and bring it to the cross and cancel its power

7. Resist and Remove Spirits

- Speak to all oppressive spirits and command them to leave
- What have agreed with and tolerated in your heart

8. Bless The Parent in Prayer

- Speak words of gratitude and blessing in prayer as an act of faith and obedience
- Do this intentionally and if necessary ask the Father to help you see them as He does

9. Practice Honour in Practical Ways

- **Inclusion and gratitude and listening are key ways of expressing honour**
- **Honour releases what people have been gifted to give us**
 - Apology?
 - Gratitude
 - Kindness
 - Asking them to share life experiences and lessons
- **Note:**
 - In cases of an abusive relationship **boundaries** need to be set and maintained
 - In case of a dead parent honour can still be given by honouring and appreciation their good