

# GROWING OUT OF A BITTER PLACE

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To break the spirit of bitterness, we must transition from passive victims of our circumstances to active participants in our healing. Emotional healing is a spiritual discipline that requires intentional daily action. If we want our spiritual growth to be evident, we have to apply specific, biblical principles to uproot the toxic mindsets that have held us back. The following principles are necessary steps for walking out of the prison of resentment and stepping into a life of freedom.

## 1. EVICT THE OFFENSE FROM YOUR MENTAL REAL ESTATE

Sub-topic: Taking Authority Over the Replay Button of Trauma

2 Corinthians 10:5 KJV

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

You cannot heal a wound if you continually poke at it, replaying the scenario in your mind day after day. Bitterness thrives on rehearsal. Every time you mentally rebuild the argument, recount the betrayal, or visualize the hurt, you are feeding the root of bitterness and giving it permission to wrap tighter around your soul. Your mind is the most valuable real estate you possess, but too many of us are letting the very people who broke our hearts live rent-free in our heads. You have to stop giving your offender jurisdiction over your mental peace.

The enemy knows he cannot change your future, so his primary strategy is to keep you mentally trapped in your past. He will use the replay button of trauma to make sure you wake up angry and go to sleep exhausted. But the Apostle Paul tells us we have the spiritual authority to cast down these toxic imaginations. Notice that the scripture says "bringing into captivity every thought." You have to arrest your thoughts before your thoughts arrest you. When the memory of that betrayal rises up to agitate your spirit, you cannot just passively sit there and let it run rampant.

You have to actively grab hold of that thought and submit it to the authority of Jesus Christ.

Guarding your focus requires fierce discipline, especially for those of you who have endured profound emotional scars. It means making a conscious, daily decision to shift your gaze. You must choose to meditate on what God is building in your life today rather than fixating on what the enemy tore down yesterday. When you evict the offense from your mental real estate, you create room for the Holy Spirit to bring fresh revelation, new joy, and the peace that surpasses all understanding. You cannot embrace the new things God is doing while your mind is still held hostage by the old things people did.

## **2. Surrender Your Right to Retaliate**

Sub-topic: Stepping Out of the Judgment Seat and Trusting Divine Justice

Romans 12:19 KJV

Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.

One of the hardest parts of overcoming deep, legitimate hurt is letting go of the desire for vindication. When you have been wronged, lied to, or manipulated, human nature demands that the scales be balanced. We mistakenly believe that holding onto our anger is a form of power, a way of ensuring the other person eventually pays for what they did. But as long as you are plotting retaliation, holding a grudge, and trying to orchestrate their downfall, you are keeping yourself tethered to the very source of your pain. Trying to get even does not elevate you; it pulls you down into the mud with the person who hurt you.

Breaking the spirit of bitterness means you have to step out of the judgment seat. You must realize that playing the role of judge and jury is exhausting, and it is a job you were never anointed to do. Paul warns us to "give place unto wrath," which means we have to step out of the way so God can handle it. When you try to defend yourself and avenge yourself, God will step back and let you fight your own battle. But when you surrender your right to retaliate, you are handing the gavel over to the Righteous Judge. You are declaring that God saw every tear, He recorded every sleepless night, and He is more than capable of handling the people who mishandled you.

This surrender is not a sign of weakness; it is a profound demonstration of faith. It takes incredible spiritual maturity to look at a situation that broke you and say, "I

am going to let God deal with them, while I let God heal me." When you finally release the need to punish your offender, you free up your hands to receive the restoration God has waiting for you. You stop losing sleep over their dysfunction and start resting in the reality that your vindication comes from heaven, not from your own efforts.

### **3. WEAPONIZE YOUR FORGIVENESS**

Sub-topic: Severing the Emotional Cord to Your Past

Matthew 6:14-15 KJV

For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

Forgiveness is widely misunderstood in the body of Christ. We often treat it as a soft, sentimental feeling that will just wash over us once enough time has passed or once the other person finally apologizes. But waiting for an apology that may never come is a recipe for lifelong bitterness. In reality, forgiveness is an aggressive, spiritual weapon used to sever the emotional and spiritual ties between you and your past. It is an act of the will, a deliberate choice made in obedience to Christ, completely independent of how you feel in the moment.

Jesus gives us a sobering reality check regarding forgiveness: our own flow of grace is directly connected to our willingness to extend grace to others. Unforgiveness does not just hurt the person you are mad at; it clogs up your own spiritual arteries. It blocks your prayers, stifles your worship, and restricts your spiritual growth. You choose to forgive because God, for Christ's sake, has forgiven you of an unpayable debt. When you release the offender from the debt they owe you, you are not validating their actions, making excuses for their abuse, or saying that what they did was okay. You are liberating your own soul. You forgive them so that their poison stops flowing into your spirit.

Weaponizing your forgiveness means you use it to cut the cord. It is the definitive action that says, "You hurt me, but you do not get to control me anymore." It is a boundary you set in the spirit realm, declaring that your destiny is too significant to be anchored to someone else's mistake. For many mothers, leaders, and believers carrying heavy emotional baggage, this is the very moment your healing accelerates. When you release the debt, you step out of the prison. You are no longer defined by the trauma you survived, but by the redemptive, liberating power of a God who restores your soul and propels you into a bitter-free future.

