

A decorative border of repeating floral motifs surrounds the text. The motifs are stylized, resembling small flowers or leaves, arranged in a continuous line along the top, bottom, and sides of the page.

LETTING GO OF BITTERNESS

Father, life seems so unjust, so unfair. The pain of rejection is almost more than I can bear. My past relationships have ended in strife, anger, rejection and separation.

Lord, help me to let go of all bitterness and indignation and wrath (passion, rage, bad temper) and resentment (anger, animosity).

You are the One Who binds up and heals the brokenhearted. I receive Your anointing that destroys every yoke of bondage. I receive emotional healing by faith, and I thank You for giving me the grace to stand firm until the process is complete.

Thank You for wise counselors. I acknowledge the Holy Spirit as my wonderful Counselor. Thank You for helping me work out my salvation with fear and trembling, for it is You, Father, Who work in me to will and to act according to Your good purpose.

In the name of Jesus, I choose to forgive those who have wronged me. I purpose to live a life of forgiveness because You have forgiven me. With the help of the Holy Spirit, I get rid of all bitterness, rage, anger, brawling and slander, along with every form of malice. I desire to be kind and compassionate to others, forgiving them, just as in Christ You forgave me.

With the help of the Holy Spirit, I make every effort to live in peace with all men and to be holy, for I know that without holiness no one will see You, Lord. I purpose to see to it that I do not miss Your grace and that no bitter root grows up within me to cause trouble and defile me.

I will watch and pray that I enter not into temptation or cause others to stumble.

Thank You, Father, that You watch over Your Word to perform it and that whom the Son has set free is free indeed. I declare that I have overcome resentment and bitterness by the blood of the Lamb and by the word of my testimony. In Jesus' name, amen.