

2024 COVENANT LIFE CHURCH'S 37 DAY FAST

[January 1st through February 6th]

THURSDAY, FEBRUARY 1st

Praying for a release from the **ROOT OF BITTERNESS** in the New Year.

Hebrews 12:15 [NLT] *"Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many."*

THOUGHT for TODAY:

The definition of a bitter person is that it's a person who has feelings of resentment and deep anger. A bitter person is hypersensitive, ungrateful, insincere, holds grudges, and has mood swings. The seed of bitterness is a hurt that is planted in someone. It may be intentional or unintentional. The soil of bitterness is a heart that harbors hostility and does not deal with hurt by the grace of God. Bitterness, therefore, is a result of not dealing with old hurt. When someone becomes bitter, the bitterness takes root in the heart and grows deeper. Scripture states that bitterness can become like a root, corrupting and confusing many people. As it grows deeper, it can affect many others when it is expressed. Check your heart to see if there is a *"root of bitterness."* Determine in your heart to seek God and ask for forgiveness from the *"root of bitterness."*

SCRIPTURE:

Ephesians 4:31 [NLT] *"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior."*

Psalms 139:23-24 [TEV] *"Examine me, O God, and know my mind; test me, and discover my thoughts. ²⁴ Find out if there is any evil in me and guide me in the everlasting way."*

James 1:19-20 [NLT] *"Understand this, my dear brothers, and sisters: You must all be quick to listen, slow to speak, and slow to get angry. ²⁰ Human anger does not produce the righteousness God desires."*

Psalms 37:8 [BBE] *"Put an end to your wrath and be no longer bitter; do not give way to angry feeling which is a cause of sin."*

PRAYER: Father, search my heart and forgive me if I am bitter. If I have bitterness, I do not want it to hurt others. I renounce any bitterness that is in my heart and life. Forgive me for sharing my bitterness and hurting others in the process. My desire is to forgive others and not continuously dwell upon thoughts that will produce a root of bitterness in my life. I ask that the blood of Jesus cover my thoughts and cover what I meditate on concerning my past. I choose not to be bitter. I choose to forgive. I choose to let go of past hurts and disappointments. I will no longer be angry. Thank You, Father, for Your saving grace. I ask for strength and blessing in the name of Jesus, amen!

WHAT TO PRAY:

- Deal with your bitterness today. Make a choice to move away from disappointments and hurts, intentional or unintentional.
- Pray against the *"root of bitterness"* that has been in your life. Ask God to heal your heart and mind.
- Do not dwell on things that cause the root of bitterness to grow. Decide to be free from the root of bitterness.
- Be accountable to others. Ask certain people to be a monitor in your life and point out when the root of bitterness is trying to come back into your life.
- Pray for God's peace, strength, and joy to permeate your life.

WORSHIP SONG: *"Forgive"* / This Hope

<https://youtu.be/jdPFyZo0LD8?feature>

TODAY, I NEED TO PRAY FOR: _____

WHAT IS THE LORD SAYING TO ME TODAY? _____
