# Prophecy Vitamins on Bitterness

1. Beware lest any root of bitterness spring up in you, and it grow and flourish and cause great pain and great sorrow.

2. You have to forsake the resentment which you've allowed to build up. Resentment leads to bitterness.

3. You allow yourselves to become weakened when you allow bitterness, resentment, and strong pride to hinder you.

4. Whatever is not good, whatever causes you to feel discontent, bitter, dissatisfied or unhappy is not of Me.

5. You've sinned against Me and one another by committing fornication with the spirit of the world, in your pride, bitterness, and bickering.

6. Are you harboring bitterness in your heart toward someone? Forgive him.

7. Negativity that has not been replaced by My Word and rebuked turns into resentment, and resentment that has not been rooted out turns into deep and long-standing bitterness.

8. Lots of things hitchhike on the back of negativity--such as criticalness, bitterness, jealousy, discouragement and depression.

9. Comparing does not bear good fruit; it only bears bitterness and resentment.

10. Do not allow pride into your life, My children, for it leads to jealousy, envy, resentment and bitterness, and these things can destroy your usefulness and make you ineffective in the battle.

11. If you harbor sensitivity, it leads to resentment, and resentment to bitterness, and bitterness will destroy your usefulness for Me.

12. The end result of sensitivity is uselessness and lack of change, bitterness and resentment.

13. You can be afraid to express your doubts for fear of being labeled a doubter, or for fear of getting in trouble. Then the doubts and questions fester and poison and cause you to grow bitter and angry toward things.

14. The longer you harbor hurt, the more chance there is for resentment or bitterness to set in, further injuring your spirit and making your life more difficult.

15. (Dad speaking:) Forsaking the bitterness in your life and choosing to give it all to the Lord is a major victory. That is a real step of progress, a real step of faith.

16. Bitterness turns into hatred, and hatred lies at the very heart of the Devil's kingdom.

17. The Devil brings his people into bondage through fear and worry and contention and bitterness and murmuring. But I long to bring My children into freedom through praise and thanksgiving!

18. If it's a fear or worry or bitterness you're holding on to, I can show you how to be released from it.

19. When someone is bitter, they are closed to My love, and rarely experience it in the way that I would like.

20. Where is your spirit at? Does it dwell with Me in your praises, or does it sink to the level of the Devil in complaints, murmuring, bitterness, jealousy, gossip, envy, hatred, anger, and disunity?

21. You can't allow bitterness, disunity, and grudges to build up in your hearts and in your Homes.

22. One of the main benefits of forgiving others is that it helps the one who is doing the forgiving to let go of their own anger, bitterness, and resentment. This is healing.

23. Unity sows love instead of hatred; it sows forgiveness instead of bitterness.

24. The keys of the Kingdom bring freedom from bitterness. Claim them, and you will find the liberty of My Spirit and renewed faith.

25. Bitterness, negativity, discouragement, and condemnation should have no place in your life. Refuse to live with them, because they will only hurt you.

26. Pray desperately for the keys to rip out bitterness by the root, so there is nothing left but submissive and fertile soil that I can fill with forgiveness and understanding.

27. If you are being besieged by bitterness or resentment, you would call upon the key of forgiveness or freedom.

28. Ask Me to deliver you from bitterness, resentment, or whatever else is holding you back, and get moving!

29. Do not let any bitterness or fears of being hurt hinder you from loving and giving to others, for it is in giving that we receive, and it is in the losing of ourselves that we find.

30. I am good. I am peace. I am happiness. I am love. I am freedom! The Devil is pride, hate, frustration, coldness, bitterness, loneliness and bondage.

31. No one has to be bitter and unhappy about the past. You can get over it. There is deliverance from bitterness in Me, but it's up to the individual to reach out for it and accept forgiveness.

32. I long to blow away every cloud of confusion and to soothe your ruffled nerves. I long to melt away the bitterness and turn every deep longing into marvelous fulfillment and true satisfaction.

33. No one can hold on to bitterness, resentment, hatred, or even dislike for another Family member.

34. Will you let Me wash your heart and free you from the imprisonment of resentment and anger, and any pain that comes from not letting go?

35. You need to humbly accept their apology, be able to forgive them, and not hold it against them in any way, so that you can work together in love and unity, and that there will be no hurt feelings or bitternesses between you.

36. Chase the Wild Wind of Love and be willing to put forth the effort to pursue true unity with one another. Break down the pride of life and the obstacles to love. Break down bitterness and resentment and let the Wild Wind clear away the hurts of the past.

37. It's not worth holding grudges, or carrying around resentment or bitterness, especially about something you may have misunderstood or misjudged.

38. The beauty of My love is that it holds absolutely no grudges, no bitterness. When I wipe the slate clean, it really is perfectly clean, white as snow.

39. Let go of the past, and move on with Me to the bright and brilliant future! Get out of the mud pits of the past, the quagmire of bitterness, of complaints, and let Me heal the wounds, mend the hurts, and wash you clean with My love and My promising future!

40. The gift of affection requires honesty, humility and openness, that the hearts be right, or else they cannot hug and touch and love each other freely. The gift of affection causes your hearts to be knit. But if there is bitterness or a grudge, it is very difficult to be affectionate.

41. Don't allow the Enemy's seeds of bitterness, resentment, criticalness, and hate to be planted. Rather yield to Me and let Me break your heart. Out of the ashes of this seeming defeat can grow the beautiful lilies of victory.

42. You must not allow resentment, bitterness or anger to enter into your heart, as these are inroads which the Enemy can get in through, which then lead to him causing you to feel burned out and unable to do your job. They render you ineffective, and they paralyze your movements and your service for Me.

43. Do you have the understanding of the Spirit to realize that anything that causes you to get upset or bitter, critical of others and gossipy is not of Me, even if to all your senses it seems true? Are you that strong in My Spirit, so assured of Me and convinced of the righteousness of staying positive, that you can make that stand?

44. Forgiveness becomes harder once you have let yourself become hardened or resentful toward a person or a situation. The more you hold on to it and let resentment and anger linger, the harder your heart will become and the more inflexible your wall of defense will be.

45. To forgive is a choice. It's an act that is a step toward happiness, a step toward freedom from the weight of resentment that hurts you and those you love. When you carry around hurts that you haven't forgiven, that weight will crush you. It will destroy your emotional health and eventually control your life. Letting go of the hurt is the most difficult thing you can do, but you are the one who benefits the most from it.

46. I offer you freedom from all the negative influences of the Enemy through comparing, bitterness, jealousy, and negative thinking. I have had these gifts of deliverance and these rewards for your faith prepared for you for some time now, and I only await the cry of your voice lifted up to Me, beseeching Me for the complete victory. According to your faith be it unto you.

47. Those who hold grudges, gripes, and bitterness toward others are walking away from Me in heart and spirit. How can you be close to Me and drawing ever closer if you are pulling away from My true Law of Love through harboring bitterness and resentment toward your fellow laborers and brothers and sisters?

*48.* Bitterness is a serious problem, and if people don't come to grips with their bitterness, they're going to miss what I'm doing in their lives, and they're going to be left behind. Bitterness is a serious, serious spiritual problem that is causing many to miss the spiritual progress that I want them to make in their lives.

49. By forgiving you are not saying that what was done was okay or all right, but just that you are not going to carry the burden of anger and bitterness with you. You trust Me enough to put it in My hands and then to let it go.

50. You must forsake all bitterness, forgiving those whom you feel have wronged you, and asking forgiveness of those whom you have wronged. It's time for a clean sweep. It's time to put all the past behind you and to begin afresh, with great humility and repentance.

51. If you refuse to forgive when you are hurt, and thereby entertain resentment and possibly bitterness, then you aren't able to benefit and to receive the beauty for ashes (Isaiah 61:3). The effects instead are the opposite; they are negative, and they don't have the same healthy effect on your life.

52. As long as you fight against the spirit of the Enemy, his spirit of discouragement, his fears of the future, his spirit of bitterness over events in your life--whether about relationships with others, your ministry, your circumstances, your love life, or whatever--you'll be able to keep the Enemy's lies out of your mind and function more in faith and in My Spirit.

53. (Dad speaking:) Some people are negative because they've yielded to anger, bitterness, or doubts. So who can see anything good through that set of eyeglasses? That's why the Lord and His keys and positive light are needed to wipe the slate clean, so to speak, so that positive, upbeat, happy thoughts can take precedence in the person's life.

54. If you're not living the Law of Love and are not a sample of Christian love and kindness, then this will eventually cause Me to pull back My hand of generosity. If you allow sin in your life in the form of bitterness, unkind words, strife, arguments, disinterest, coldness to your neighbor, or hardness of heart, then I cannot give to you as I would, for you are not representing My love to those you meet and live with.

55. (Dad speaking:) Bitterness is a horrible thing. It's like a cancer that eats away slowly but surely. So please forsake that bitterness and forgive. Just forgive. Take it by faith that somehow it had a purpose.
God has a greater plan than we can ever understand. Sometimes He shows us His purposes, sometimes He doesn't, and we have to take it by faith. But if you just give your all to Jesus, He'll right every wrong and bless you with love and happiness and joy.

56. It's impossible to be united when there is resentment or bitterness. Unity is born of love, and resentment and especially bitterness are born of pride, jealousy, and hatred. And those who hate their brothers or sisters cannot truly love Me, for their sins separate them not only from their brethren but from Me. So for unity to thrive, it is necessary to root out bitterness.

57. (Dad speaking:) When you have bitterness in your heart, you often don't see things clearly. Even special little things, little rewards of the Lord's love, don't mean as much, because you have this big bitterness blocking

everything. But once you give that to the Lord, we up Here can help you so much more. Things are a lot clearer, you can see things better, and you feel and experience the Lord's love a lot more.

58. You can ask for prayer against anything that might be keeping you from being positive--whether it be bitterness, a spirit of murmuring, comparing, or negative thinking. Once your house is clean, make room for Me through the Word and through fighting in the spirit, and I will deliver you. Your old habits will be washed away, and new ones will form in their place.

59. Unite and fight, My loves. Let not your good be evil spoken of. Let all men know you are of Me because of your love for one another. Come together in love. Commit to yourselves and to each other that you will not allow the Deactivation Demons of bitterness, division, pride and disobedience to break your cords of unity and love.

60. All men have faults and failings. Don't expect more of others than you do of yourself. Don't allow self-righteousness to come in and eat away at your meek, humble spirit, because it will destroy you by making you unhappy, unfulfilled, dissatisfied, discontent and disgruntled, which is the way of bitterness. You do well to stay meek and simple and humble and trusting. Continue to do so, and you'll find joy and satisfaction and fulfillment.

61. I long for all My children to live in unity with one another, for that is one of the greatest samples of Christianity--the love, brotherhood, and camaraderie that those who believe in Me can demonstrate to the world. So often, though, the seeds of disunity and of bitterness prevent you from being able to live My vision and plan to the full, and these limitations you place on what I can be through you sadden Me.

62. Yet even though you cannot fully understand the full power of love right now, you can have a measure of this love. You can have enough of My love that it will defy all "logic," surpass all ill will, and lift you far above the bad feelings, negativity, resentment, bitterness, and hatred the Enemy would love to bind you with. This love will overcome all pain, all hurt, and all animosity, no matter how great. It is yours for the asking. You have but to ask and I will give it to you. It's not about feelings or logic; it is simply a spiritual gift that you can receive.

63. The mind is the great battlefield where ruthless war is waged--the war for possession! The sins that bring you down all filter through the mind: pride, the root sin of all; jealousy; lust; selfishness; lethargy; bitterness; disunity; comparing; discontent and murmuring; negative thinking; worldliness; disobedience; doubt; putting other gods before Me; self-righteousness, etc. It all begins in the mind, takes root in the mind, and festers in the mind--all through carnal thinking, through putting on the mind of man and the mind of the world.

64. I know you look at this as a major upheaval in your lives, and you wonder how things could possibly work together for good out of this unexpected and even unwanted turn of events, but you must trust Me. You must resist bitterness and you must not question how I can work in this way, thinking it's too hard, that I've put you in circumstances that are more than you can bear. I can still take the new situation and cause it to work together for your good. I can bring happiness, fruitfulness and unity out of this seemingly complicated, mixed-up, tangled mess of emotion and confusion. You must trust Me. Know that I love you and I do all things well. I will lead and guide and supply, so trust Me.

65. One wrong can grow into another if it is not stopped. Though you might feel justified for how you feel, and though you might have every "right" to feel as you feel, it doesn't change the fact that anger, resentment, and hate are works of the Devil and, no matter how justified they may seem, they will cause sin and evil in your heart if allowed to continue there. To allow these sins to flourish in your heart because harm has been done to you is to allow this negative event to harm your spirit and eventually ruin your life, if it is not stopped.

66. You must choose to cast your care upon Me, to trust Me with all your heart. You must choose to shed the weights of bitterness and despair. You must choose to let your heartaches and pain make you better, and they will. If you choose to trust Me with your heart, I will make you better, not bitter.
I know it's difficult. I know it seems hard. But if you will only make the choice that you want to be better, then I promise that My loving arms will uphold you and complete the process. I am able to turn things around and use all these experiences--no matter how dark they seem--to make you better and help others in the process.

67. Everyone thinks bad things about other people at times. Everyone is envious at times, or a little resentful, and a bit bitter. But I'm talking about taking an aggressive stance against these thoughts so that they don't take hold on you. They're as a flood coming in around your ankles and attempting to pull your feet out from under you. So what you must do in these instances is move higher in the spirit, using more praise, more attacking initiative, giving more love to your brothers and sisters even if you don't feel like it or feel as if you even like them that much. That's the weapon of brotherhood.

68. Watch out for that dark cloak of secrecy that the Devil is constantly trying to cast over you through holding things in and not getting'm out! Those things that you hold in your heart can affect you spiritually just as much, if not more, than any ailment of your flesh! Being open and honest is the Lord's Own way, His Own safeguard, the mechanism He has provided by which you can stay clean and well groomed and healthy, so that you can grow and mature and prosper! It's His way of keeping you free from all sorts of sickness brought on by misunderstandings and misinterpretations that can grow and fester into strong roots of hurt feelings, criticalness, discontent, resentment, bitterness, and so on. If you want to grow, you have to open up to Him and to others.

69. You can use praise to fight and wound the Enemy when you are confronting a murmuring spirit, or a fearful spirit, or a bitter spirit, or any of a number of unpleasant or negative attitudes that you confront or encounter or are feeling attacked by. You can literally destroy the hold that any of these attitudes or spirits have in the spiritual atmosphere that surrounds you at any given moment by wielding the weapon of praise. You can also use praise as a proactive force field to wrap around yourself to prevent the entrance of any of these attitudes of the Enemy and to keep him at bay.

70. It should make you hate the Enemy with more of a vengeance than ever before, seeing how he harms and injures those who give in to his ways, and harms others through them. His offers often sound tempting, but his goal is always death-spiritual death, or physical death, or both. His aim is always to harm and hurt. He starts off slow, but once he has a hold on his prey, he strangles and suffocates the very life out of them through his darkness and evil and sin. He blackens the heart until there is no love left therein, but only hatred, bitterness, anger, and revenge. When Satan has control of a soul through these dark emotions, it always leads to evil of some sort.

71. It's no surprise that the Enemy would attack My faithful ones with disunity, discord, lack of love, frustration, discouragement, lack of communication, bitterness, strife, negative thinking, talking behind one another's backs, gossip, cliques, and a self-righteous pointing-of-the-finger and blaming the other person.
    All of these sins are like the little foxes that spoil the vines, for they slowly but surely weaken My Church. They slowly but surely eat away at the foundation of love and unity. They slowly but surely spoil the sample that My children would be to outsiders. They slowly but surely steal the joy and satisfaction that My missionaries could have if they were working hand in hand, and were united in heart, mind and spirit.

72. You do not just become weak overnight. You are not once strong and then all of a sudden weak; it's a gradual process, a slow weakening through many different avenues. Pride is a key factor in the weakening process, because you must be humble enough to accept that you have been wrong. You must be humble enough to turn around and have a complete metanoia. You must have the humility to call out for My help and for the help of others when you are in a weakened state.
    Pray that all of My children will be able to seek Me to take away the resentment and the bitterness. Pray that they will let go of their strong pride and let Me humble and break them, that I may bring them the happiness and joy that they seek. Pray that they will let Me lead them into a place of service, usefulness and fulfillment.

73. The Selvegion come into your mind and eat your heart out from the inside. They devour and destroy. They've been allowed entrance through your negative and critical thoughts. You let them in by allowing yourself the luxury of thinking that you're justified in being bitter against someone for something they said or did. They're empowered when you're frustrated and you take it out on someone that you feel is the cause of your frustration--even if you don't take it out on them in words, but you take it out on them in your thoughts. You rebut, retaliate, and carry on a little war with them in your heart and mind by thinking of all the things you could have said or should have said to make them see how frustrated you are.

74. In the future, the Family is going to witness catastrophic events. They will see and some will even experience extremely traumatic times. You must learn to see the difficulties, have compassion, and do all you can to help and pray for each other and the lost. But because you, My Family, are needed for a special calling of leading and shepherding others through these days, you must also have the strength, the faith and trust in Me to keep bringing those who are suffering back to My arms. Many times you will not be enduring the same suffering, but your hearts will break for those who are. You have to feel their pain to be desperate in prayer for them, but you must also be filled with faith that I'm using it for a purpose and to help them.
    If you, My Family, don't learn these lessons and prepare your heart in this way now, many of you will sink into despair and bitterness through a lack of understanding and trust in Me when faced with these very difficult times.

75. I know that the call of "fairness," anger, hate, and revenge is strong. I know that it seems so easy to slip into the poisonous life of retribution and "an eye for an eye." It seems the easier thing to do is to believe that the responsibility is not on you to forgive, but to instead enjoy each blissful thought of retribution, and to never let that person have the relief of your forgiveness. But this is not the answer. This is hurt that will go on hurting, a knife that will only plunge deeper.

The more you resent someone, the more what they did to you will hurt you and damage your spirit. This wound will never close, and its poison will someday ruin your life. So much has already been taken from you; don't be tricked into losing what you have left. So much wrong has already been done; don't compound it. Take back your life and reclaim your happiness. You do this by choosing to forgive.

76. If you don't forgive someone, then you are stuck. You are held back. You are the one suffering, and you are the one feeling angry, bitter, and in some cases, even hateful. These feelings can eat you up. They don't help you. They make you miserable, and in some cases these feelings will even alter your personality and the way you relate to others. So holding on to anger, bitterness and resentment hurts you.
    Forgiveness helps you, for it allows you to let go of all that and to move on. There is often not a whole lot that can be done about the past and past hurts, but if you carry those burdens and that bitterness with you, then you not only have a bad past, but your present becomes soiled, unhappy, and terrible as well.

77. Remember, everyone on Earth is yielding to spirits, to attitudes, and when you encounter murmuring, foul-mouthedness, complaining, hatred, bitterness, backbiting, jealousy, criticalness, or any of a number of foul spirits, what you need to do is start yielding to praise in your heart, in your mind, and in your body if you can. This will displace these spirits and they will have to flee and let go of their hold in the face of praise, if you plant your feet and make your stand there.
    They cannot exist there. Why? Because praise dwells in Heaven-and not only in Heaven but in the heights of Heaven-and these spirits do not. So when you bring the heights of Heaven to your very spirit, attitude, heart and mind, and from thence into the atmosphere around you, these evil spirits have to leave. They have to take their Hell and get out of there, because you have claimed the land and staked it out for Me.

78. Let go of past hurts, of past injustices. Get your eyes off your hurts, your wounds and your problems, and focus on the battle in front of you. In order to grow and be strengthened, you must set aside your hurts, your bitterness, your murmurings, your feelings of failure. You must set these things aside, for whether they are true or not, they hold you back and restrict you.
    These are the things that hold people back: doubt, fear, bitterness, murmuring and discontentment. That's what destroyed the children of Israel in the desert. So forsake the things of the past; lay those things aside.
    Those who truly long for a new day, a new start, and a new life, will latch on to this vision. They'll grab hold of it; they'll readily forsake those things, and go on. Those who love to hold on to the past, who cherish those feelings of hurt and self-pity, will fall by the wayside.

79. When you hold things in, the detrimental results are often a slow, grinding process. It's more often a subtle process, one that by outward appearances is more easily controlled in the beginning, and therefore, to the carnal mind, more seemingly harmless, or the easier way. This is a false notion.
    When people smolder inside, when they're holding things in, those things are festering and growing into bitterness. You can sometimes sense the bad fruits of this, yet because it's often unspoken and more undercover, it's less upfront and in your face. So for a time this seems the easier path, the path of least resistance or of less confrontation. This is not always so, however, for when bitterness and resentment take hold, they're as giant ferocious monsters, and the end result of a grapple with these can be far more dangerous and deadly! By the time the fruit of these hidden growths becomes apparent, it's much worse, poses a greater threat, and can be far more lethal.

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