

## BITTERNESS EXERCISE

Where would you place yourself from these categories?

I predominantly have  
feelings of bitterness

Bitterness presents  
occasionally

Bitterness  
none  
constant peace

How does peace “rank” in my life? Is it the norm or is it not as prevalent as God would want for me?

Can you see yourself in a place where praying for those who have wounded you is possible? ( Or comes naturally?) Are there people you could list that you are challenged to pray for?

Are you willing to explore/consider forgiveness regarding each of these people? ( Remember Jesus just needs your “yes” and He will help you!)

Consider writing a prayer asking the Lord to help you begin the process of releasing feelings of bitterness so as to align with peace.