

Chapter 3a, Anger, Forgiveness, Bitterness,

Anger

1. Stories of Anger (in audio recordings)

2. Definition: What is anger?

- Webster:
“A violent, revengeful passion or emotion, excited by a real or **supposed** injury to oneself or others. [**supposed** – magnified, twisted, exaggerated]
- Vine’s Dictionary (Expository Dictionary of New Testament Words)
[Orge]: translated as wrath and/or anger, as the strongest of all passions.
[Parorgismos]: a strengthened form of [orge]

3. Symptoms/signs of Anger:

****Aggressive Anger – the obvious:**

Feuding
Hatred
Hostility
Punishment
Rage
Resentment
Retaliation/revenge
Temper Tantrums
Violence
Rebellion
Road rage

****Passive Anger –**

Blaming self – apologize all the time, overly critical of self
Self-Sabotage – consistently surround self with unreliable people, ultimately setting self-up for failure
Backstabbing, gossiping, putting people down, overly cynical or bitter
Self-Sacrifice – plays the martyr; often last in line or work late without pay.
Manipulative – fake illness, sabotage relationships, withhold money and resources in order to manipulate others into giving them what they want.
Detachment- Lack of emotion. Isolation. Ignoring problems
Escape - all forms of addictions numbing one’s pain

**** Not so obvious:**

Overly critical
Controlling
Confrontational
Distrust
Blaming others for mistakes
Over-reacting (rock / pond ripple effect. If anger is intense and out of proportion in current situation: repressed anger from Childhood)
Over sensitive to insult

**** Anger turned Inward:**

Guilt
Shame
Low self-esteem
Suicide Thoughts
Depression

4. What causes Anger? There is reason for everything. There is a base (source) for every emotion.

- ❑ Anger is always about someone having trespassed or crossed your boundaries.
- ❑ From being hurt
- ❑ From being rejected
- ❑ Old bottled-up anger (undealt with) being triggered – spilling all over.
- ❑ Generational, pass down from generational blood line.

Understand that anger is the fruit, not root!

****Anger is a secondary emotion. In Ministry, always ask Jesus to take the person back to the root of his/her anger.**

**Hurt and Fear are feelings vulnerable to men. The emotion of anger makes them feel empowered and strong to protect them from feeling vulnerable.

**Therefore, for many men, the only emotion they could manifest is Anger (generalization)
(e.g. From Fear to Anger
From Hurt to Anger)

5. What does the Bible say about Anger?

James 1:19 “So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath (anger)”

Prov 14:29 “He who is slow to wrath has great understanding.”

Eph 4:31, "Get rid of all bitterness, rage and anger, brawling and slander..."

Eph 4:26,27, " In your anger [orge] (*wrath, justified anger*), do not sin; do not let the sun go down while you are still angry [parorgismo] (*provoked, more strengthened than orge*), and do not give the devil a foothold. (NIV)

Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life.

6. What happens when we hold on to anger and don't deal with it or Repress it? (Or we can no longer control our anger)

• Soul

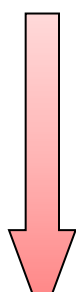
- * It festers in our souls, causing pain (in ourselves and others) isolation, and eventual diseases. and this grieves the Father's heart. (Melody's "my heart is hurting, in pain, in great pain....")
- * It makes us feel stuck: it blocks the flow of the river/fountain within (our belly)
- * It blocks inner healing.
- * It affects our relationship with others and feel alienated with God.
- * We feel guilty and self-condemned.
- * It can lead us into captivity of our soul.

• Body

- * Anger releases a cascade of stress hormones that can cause:
 - Accelerated heart rate,
 - Shut down immune system (5 min of anger shuts down immune system for about up to 6 hours)
 - Encourage blood clotting (stroke)
 - Increase your chance of a heart attack 5-fold.
 - Increase your risk of cancer.
 - High blood pressure.
 - High cholesterol
 - Many chronic diseases.

• Spirit

- * It shuts down the spirit and blocks the flow of the fountain/river within.
- * We can no longer feel the Presence of God.
- * It opens door for other enemy to come in (spiraling downward) and end up in captivity:



Anger
Unforgiveness

Resentment
Bitterness
Hatred
Retaliation
Revenge
rage
murder

Examples in Scripture: Cain and Abel

Gen 4: 4b - 8

Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering, ⁵ but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell.

⁶ So the LORD said to Cain, “**Why are you angry?** And why has your countenance fallen? ⁷ If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire *is* for you, but you should rule over it.”

⁸ Now Cain talked with Abel his brother;^[a] and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.

7. How do we deal with our anger:

(Detox)

Anger is extremely toxic!
Repressed anger causes a toxicosis in the brain which leads to
*****Anxiety***
*****Depression***
*****Addiction***

* **Dont's:**

Don't stuff down, don't repress it
Don't slash it out and hurt others (Eph 4:26...Be angry but do not sin)
Don't just confess it to God, asking Him to forgive you, yet not deal with its root issue.

* **Do's:**

We will learn at later session with all toxic emotions.
****Past:** Empty your old-anger cup (deal with the root of your old anger.)
****Current:** Clean your cup everyday

(Note: Outbursts of anger are signals – the brain is trying to release the toxic neurochemicals that store repressed anger. If the anger is intense and out of proportion, most of it is repressed anger from childhood.

8. Help your children to share their feelings and deal with their negative emotions. Children are experts at hiding and suppressing their emotions, covering their heart.

- Provide a safe environment for your children to share their emotions.
- Don't provoke your children to anger and then tell them to stuff it down.

9. Anger toward others
Anger toward self
Anger toward God

Forgiveness

The Key to Healing and Freedom

Statistics state that 70% of Christians have unforgiveness. But in my own experience with Healing ministry, I found that over 90% of Christians have Unforgiveness. The reason:

1. *They forgive with their mouths but not with their hearts.*
2. *The adult-self has forgiven but the wounded little child within is still angry.*

1. Definition: What is forgiveness

- Hebrew: [kaphar] to cover, pardon, cancel, put off, to reconcile.
- Greek: Aphiemi
 - Primarily: to send forth, to send away.
 - “Remit” – to transmit payment for a debt; pardon or cancel a debt

2. What forgiveness is NOT

- 1) Equal to Healing but it is the gateway/doorway to healing
- 2) Only a choice or decision
- 3) Just a feeling
- 4) Pretending you are not hurt.
- 5) Saying what the person did was not wrong
- 6) Relieving the other person of his or her responsibility
- 7) Forgetting what's happened, but it is refusing to bring it back up

- 8) Reconciliation with another
- 9) Showing weakness; it takes great courage and it releases great power
- 10) It is not optional: it is command and is absolute
- 11) It is not done only with your head and reasoning

3. Forgiveness is:

- 1) It is doorway to healing and freedom. It is a pre-requisite to Emotional and physical healing.
- 2) It is unilateral: You and God.
- 3) When it is done correctly, it is instant.
- 4) It is from the heart (Matt 18:35 "...**from his heart**, does not forgive his brother his trespasses.")
- 5) You need to forgive everyone (KJV Matt 18:35, "...if ye from your hearts forgive not **everyone** his brother their trespasses.)
- 6) Allow Christ the Forgiver in you to forgive through you and in you (Gal 2:20
"... no longer I live but Christ lives in me..." therefore – no longer I forgive but Christ forgives in me and through me.

3. Why should we forgive?

- 1) Because it is **God's command** and it is **not negotiable** and it is **absolute**. (Matt 18: 22-35; Mk 11:25; Matt 6:12,14)

Mark 11:25

"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses."

Matt 6:12,14

"And forgive us our debts, as we forgive our debtors."

"For if you forgive men their trespasses, your heavenly Father will also forgive you. If you do not forgive men their trespasses, neither will your Father forgive your trespasses."

- 2) If we want our sins to be forgiven by God, we have to first forgive others.
- 3) The whole Gospel is about the grace of our sins being **forgiven** – God paid a great price in order for us to receive this greatest gift.

4. The consequences of unforgiveness:

Matt 18: 21-35.

V35: "So My heavenly Father also will do to you if each of you, **from his heart**, does not forgive his brother his trespasses."

- 1) **Sins unforgiven:** If you refuse to forgive, **God will not forgive you** of all your sins (past, present and future sins, let's count and see how many sins have you committed in your life. (lie, stealing, fornication, pornography, adultery, idolatry, occult involvement.....).
- 2) **God removes His Hands of protection**
- 3) **Jailer:** Prison for self and others. Restrict what God would do in others. (The fellow servant still in jail)
- 4) **Open doors:** to other demons - anger, resentments, hatred, Violence, revenge, murder, and the Strongman of **"BITTERNESS"**
- 5) **Tormentor:** God give us over to the "Tormentor": We will be tormented by demons of unforgiveness, anger, resentment, bitterness, hatred, torment, revenge, retaliation, rage, violence, murder. "tormentor" literally means **"bill collectors"** who collects the debts we owe.
- 6) Therefore, Unforgiveness exacts its toll on us emotionally, mentally and physically. All kinds of diseases and sicknesses: e.g. cancer, arthritis, digestive problems...and even mental illness.
- 7) It blocks healing (Emotional, physical)
- 8) It gives other demons legal ground not to leave but to stay.
- 9) When I don't forgive, I retain the sin, therefore I retain the curses on myself. When I forgive, I release my offender into his/her spiritual freedom, the Chains fall off myself AND my offender. It is a Win-Win situation.

John 20:23 "Whosoever's sins ye remit (cancel the debt), they are remitted unto them; and whosoever's sins ye retain (keep in one's possession), they are retained."

Matt 18:18 "Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

5. The Power of Forgiveness:

- Larry's Story
- Revelation from the Lord the next morning: Matt 27:51-53
- More understanding: Matt 27:51-53
 - "And, behold, the *veil* of the temple was *rent in twain* from the top to the bottom; and the *earth did quake*, and the *rocks rent*; And the *graves were opened*; and many bodies of the saints which slept *arose, and came out of the graves...*
 - 1. Veil rent in two from top to bottom. What separated me from God are torn down.
 - 2. Earth quake.(shook)
 - 3. Rocks rent. Rent [schizo] – split, break, divide, open.
 - 4. Graves opened (my captivity). (Grave - burial place: death. From Webster Dictionary)
 - 5. Bodies arose. [egeiro] awaken, from death, from ruins, from non-existence –**Resurrection**
 - 6. Came out of the grave: out of captivity of death – **freedom**
 - 7. Matt 27:51-53 It was not the wrath of God that the earth quaked and the grave opened and the dead raised and came out of the grave. It was the power of God's Love in Forgiveness did it.
- *Forgiveness is not a gift from a gift shop in heaven that God wrapped in a box to us.
 - *It took all – when God gave Christ to us, He gave all. Christ poured out His soul as the sin offering on our behalf.
 - *Meditating on Is 53 and the Passion of Christ through the 4 Gospels, we only just begin to understand Christ's suffering which He paid to grant us the grace/gift of Forgiveness.
 - *All that Love pregnant in Forgiveness exploded as Nuclear Bomb when He died on that cross saying "Father, forgive them, for they know not what they do."
 - *He did not just forgive the Roman soldiers nor the Jews who crucified Him.
 - *That day "Forgiveness"- the Love Bomb, was exploded, it was released on earth to all,
 - all of us**, who would believe and receive this gift of Love – forgiveness.
- Forgiveness releases resurrection, it translates one from death to life, from prison to freedom.
- Forgiveness is Power, where Satan can no longer hold us captive.
- Forgiveness transports us instantly into the Kingdom of Love and Peace.
- Forgiveness goes deep inside us and begins to expand Love's rein in us and permeates
 - every cell, every fiber of our being.
- Forgiveness is Love; Love is Forgiveness. They are one the same.
- The very moment forgiveness takes place, there is a supernatural exchange – Christ cleanses and removes all our sins, negative emotions, hurts and pain... that we carry and in return He gives us His supernatural Peace.
- Forgiveness releases us to be free and unstuck from our past so that we can truly begin to live and to walk in our purpose and destiny and to possess our inheritance.

6. How to Forgive? (You will learn and practice in the next lesson/chapter)

We have to forgive from our Heart

1. **Drop down** to our Belly where the river of living water is: analogy - drop the bucket from head to the belly – the well. Locate our spirit, our innermost being, our spirit man – the point of Contact.
2. **Yield** and surrender to the Christ in us.
3. **Open** our heart (the physical heart is not the heart, the belly is the heart which the Scripture is talking about) to Christ within.
4. **Receive** Forgiveness from the Christ the Forgiver. (Don't ask don't beg, just receive)
5. **Let Christ** the Forgiver release and forgive your offender.

Matt 18:22 "I do not say to you, up to seven times, but up to seventy times seven."

Most of the time the adult has forgiven, but the wounded little child within is still angry. In this case we call forth the little child and ask, "Are you still angry with _____?"

7. Three ways of Forgiveness:

- God:** Receive Forgiveness for blaming and judging God.
Release God from our judgment
- Others**
- Self**

Judgment

Matt. 7:1,2.

"Judge not, that you be not judged. For with what judgment you judge, you will be judged;
and with the measure you use, it will be measured back to you." (Amp. Translate as "Do not judge and criticize and condemn others.....")

John 3:17 (Amp)

"For God did not send the Son into the world in order to **judge (Krino)** - to reject, to condemn, to pass sentence on the world, but the world might find Salvation and be made safe and sound through Him"

Gal 6:7

"Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap"

- ❖ **To judge:** Greek - "*Krino*" - **to assume the office of a judge.**
- ❖ To Sit in the Seat of judgment and pass sentence of condemnation: it belongs to the Lord Jesus alone. Do we dare to usurp His place, His position and authority?
- ❖ The spiritual law of "Sowing and Reaping" is operating here: judging our spouse (e.g. both Husband and wife criticize each other the same way.) Judging our parents (Our children judge us the same way we judged our parents)
- ❖ Our judgment keeps them in the Prison of our judgment - they remain the same, they can't change! We have locked them up!!!
(e.g. Our UGBs about our spouses: "You never care for me, I can't count on you to be there when I need you")
We Receive Christ's forgiveness for judging others, then, allow Christ to Release that person from your judgment and speak God's truth about him and bless him.
Thus change your UGB into GB (meditate and pray for 30 days. Allow God's truth to transform ourselves and the person you judged)
- ❖ We become what we judge
- ❖ When we still judge our offender after we have "forgiven" him/her, we have not really forgiven them from the heart.

Bitterness:

This principality and its underlings are responsible for all the animosity and wars in the world.

Heb 12:14-15: " Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled."

1. Definition: What is bitterness?

- ❑ Greek: [pikria]: Bitter hatred as in Heb 12:15, a root of bitterness producing bitter fruit.
- ❑ Webster's Dictionary: "bitan" from Saxon

- To bite
- Painful to the mind, distressing, piercing to the feelings or to the mind.
- Sharp, cruel, severe, harsh; as cutting as words.

2. Causes of bitterness:

- a) It is judging, condemning a person or situation out of our own hurts.
- b) We often collect IOU's and give a type of prison sentence to the person we judge.
- c) Lack of mercy and this may lead to retaliation

3. Consequences of bitterness:

- a) The Strongman (Stronghold or the ruling demon) that has lesser demons answering to it.

Stronghold **of** Bitterness:

S. of Unforgiveness

S. of Resentment

S. of Retaliation

S. of Anger

S. of Hatred

S. of Violence

S. of Murder

- * Bitterness and Bitter root judgment are very strong and stubborn spirits.
 - * It comes from being hurt.
 - * Forgiveness always have to be dealt with first.
 - * They are seen like a python in the abdomen area.
- b) Bitterness is used by Satan to separate us from ourselves, from each other, from God.
 - c) It causes a stony heart to develop - (Ez 38:26). This blocks the flow of the Holy Spirit.
 - d) When there is Bitterness, there will be bitterroot judgment.
 - e) Bitterness can cause damage to one's spirit, soul and body such as arthritis, ulcers, digestive problems, cancer (female organs), bone breakage, arteriosclerosis, osteoporosis, brain tumor, hemorrhoids, Hepatitis.....

Difficulty hearing God, emotional hardness, negativity.....
(We will talk more in detail of our toxic emotions and how they affect our health in chapter 5b)

- f) This Bitterness not only defile oneself, but others.
- g) Difficulties in hearing God, emotional hardness, negativity.
- h) The spiritual law of "sowing and reaping" operates with judgments (Gal 6:7-8). We reap what we sow.

Bitterroot judgment against Parents:

Deut 5:16 "Honor your father and your mother, as the LORD your God has commanded you, that your days may be long, and that it may be well with you in the land which the LORD your God is giving you.

Heb 12:15 "Looking carefully lest anyone falls short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;"

Matt 7:1,2 "Judge not, that you be not judged. For with what judgment you judge, you will be judged, and with the measure you use, it will be measured back to you."

Gal 6:7 "Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap."

- ❖ **When we hold unforgiveness and have become bitter toward our parents and Have spoken judgments against them in some area, we are dishonoring them.**
- ❖ **Life would not go well for us in that regard.**
- ❖ **When we sow one seed, we don't just reap one seed.**
- ❖ **This brings curses to us**
- ❖ **Many will be defiled**
- ❖ **We will become exactly what we judged, even though we vow not to (we hate it)**
- ❖ **We will be judged the same way we've judged them**
- ❖ **Many unnecessary pre-mature deaths.**

Bitterroot Judgment and Expectancy: Law of sowing and reaping (Gal 6:7)

Sowing the seed in childhood, reap the harvest in spouse.

MINISTRY:

❖ **Anger and Unforgiveness can be toward:**

1. **Others**
2. **Self**
3. **God**

❖ **Receive Forgiveness and Let Christ-in-you forgive your offender for/in you**

A) If you know whom you are angry with -

1. **Drop down** connect to your spirit/inner man, drop the bucket from head to your belly - the well/river of living water. (John 7:38,39)
2. **Yield** surrender to Christ Jesus within.
3. **Open** Your heart, every cell/receptor of your being.
4. **Receive** Forgiveness (from Christ the Forgiver), Healing (from the Christ the Healer)...e.g. "Lord Jesus, I repent and renounce being angry with ...I receive your forgiveness for being angry and bitter (or bitter) with _____. I receive your Forgiveness."
5. **Release:** You release and let-go of your negative emotions into His River of Forgiveness and ask The Indwell Christ Jesus to release His rivers of Forgiveness to flow to and through and cleanse and wash away those negative emotions... do this until His Peace rules over you.

6. **Welcome Christ the Healer** to releasing His Healing love to go to the places that are hurtful and wounded.

B) If you don't know where your anger comes from:

(Do: 1. Drop down 2. Yield 3. Open and Pray King David's prayer of Ps139:23 first, "Lord will you search my heart and see if there be any fearful thought and hurtful way in me, Lord will you search deep into my subconscious?")

Then – Forgiveness 123 (3 F's)

First: First person, memory, picture, word, impression...

Feel: what are your gut feelings surfacing?

Forgive: (see above A) steps 4,5,6.

Note: break ungodly ties with the offender (see Basic Prayer Manual)