

How to use this prayer Resource

Prayer over Bitterness may need to be specific. "I am really angry with uncle Joe - because he ran over my dog and didn't even tell me". It may have a who and a what.

Begin with prayer.

Break the power of the Strongman, Bitterness.

Deal with each of the underlings.

Then go back and cast out the Strongman, Bitterness.

If necessary speak a creative miracle into being.

Strongmen

Bitterness

Accusing Spirits
Trauma
Envy/Jalousy
Rejection
Unloving Spirits
Fear
Occultism

Underlings

Unforgiveness
Resentment
Retaliation
Anger/Wrath
Hate
Violence
Murder

Remember:
It is all based on
Relationship
and
Recognizing.

- **Father God** - I take *responsibility* for the spirit of XX in my generation and all previous generations on both my mother's and my father's side all the way back to Adam.
- I *repent* of and *renounce* the spirit of XX.
- I ask *forgiveness* for allowing XX in my life and cooperating with it.
- I ask now that the curse be broken.
- In the Name of Jesus of Nazareth, by the power of the Holy Spirit -
- I take *authority* over you, spirit of XX.
- I *break your power* spirit of XX and *cancel* your assignment.
- I *cast you out* spirit of XX and *consign* you to the dry places.
- Father God, *heal* the place where the spirit of XX has been and *fill* that place with Yourself . . .

Spirits of Bitterness

Do you have bitterness in your life? Most people would say, "No, I don't have any bitterness." However if asked, "Do you have people you haven't forgiven, are you resentful and angry...?" the answer might be, "Well, yes I do have some of those." Bitterness is a spiritual strongman that has many underlings that do his bidding. The seven primary underlings of Bitterness include Unforgiveness, Resentment, Retaliation, Anger, Hate, Violence and Murder. Each of these leads to the next and becomes more violent. The key to defeating Bitterness is to first deal with forgiving others and asking forgiveness of others. God commands us to forgive those who have hurt us, to ask forgiveness of those we have wronged and repent for our bitterness. We must want to be free of the underling sins of bitterness and deal with them.

Foundational to the Christian life is forgiving others and asking forgiveness of others. Unforgiveness would say, "I am not willing to forgive the offense against me. I will remember what has been done to me." God commands us over and over in the scriptures:

- To forgive those who have hurt us,
- To ask forgiveness of those we have hurt.

If you are having difficulty forgiving, you may also need to ask our Heavenly Father's forgiveness for your cooperating with a spirit of unforgiveness.

Forgiveness - Forgiveness is not optional, something you do if you feel like it. Forgiving and asking forgiveness is absolutely essential; it is foundational to the process of dealing with the sin in your life. God commands you to forgive those who have hurt you. Forgiving others is important because if you do not forgive others then God will not forgive you (Mat 6:14-15, Psalm 37:1-10, etc.). Also remember to forgive yourself and release the burden of guilt you carry. Forgiveness is releasing someone from the wrong they have done to you; it is taking them off of the hook, they no longer owe you something for the wrong done.

Asking forgiveness. In the same way that you must forgive, you must also ask forgiveness from those you have wronged - and in some instances make restitution. Be before the Spirit of God and allow Him to show you the who and the what of your wrongdoing to them. Seek His wisdom for the time and the method of asking forgiveness of them and how to make restitution if required. Then be obedient, ask their forgiveness, make restitution. If they will not forgive you when you ask, that is not your concern, you have done all that is required and you are released. If they do not forgive you, it is their sin to live with.

Asking your Heavenly Father's forgiveness. If you have difficulty forgiving, your unwillingness could be a spirit from Satan's kingdom; an underling of the Strongman of Bitterness. In this case, this spirit of unforgiveness can be an ongoing point of entrance into your life for the other spirits of Bitterness including resentment, retaliation, anger, hate, violence and even murder. It is important that you repent of this spirit of unforgiveness, and ask your Heavenly Father for His forgiveness for allowing it into your life and for allowing it to affect the way your life is being lived. The Spirit of Bitterness then must be removed. See the "Spirit of Bitterness" resource sheet (similar to this one) to deal with the Strongman of Bitterness.

Have I forgiven? Forgiveness is a process and it is a heart matter. Turn your heart towards God and speak the words of forgiveness. Give Him permission to change your heart. As you do so, He will begin to change you and do the work of forgiveness in you. Every time you come into Ms. Hurtme's presence, or think of her and have a high-octane ping in your heart, speak the words of forgiveness again. Do so until you can look the person in the eye, truly ask God's blessing on her and have no high-octane ping, no bitterness towards her. You'll always remember the evil done to you, but once you have forgiven, you no longer have to carry it as a sin in your own life. Your freedom does not depend on her resolution, it depends on your asking forgiveness.

Fold

Spirits of Bitterness

Begin with prayer.
 Break the power of the Strongman of Bitterness.
 Deal with each of the underlings.
 Cast out Strongman of Bitterness.
 As necessary speak creative miracle into being.

○ ○ ○ ○	Unforgiveness	○ ○ ○ ○
○ ○ ○ ○	Resentment	○ ○ ○ ○
○ ○ ○ ○	Retaliation	○ ○ ○ ○
○ ○ ○ ○	Anger/Wrath	○ ○ ○ ○
○ ○ ○ ○	Hate	○ ○ ○ ○
○ ○ ○ ○	Violence	○ ○ ○ ○
○ ○ ○ ○	Murder	○ ○ ○ ○
○ ○ ○ ○	Programming	○ ○ ○ ○
○ ○ ○ ○	Fear	○ ○ ○ ○
○ ○ ○ ○	Rebellion	○ ○ ○ ○
○ ○ ○ ○	Bitterness Toward God	○ ○ ○ ○
○ ○ ○ ○	Self-Pity	○ ○ ○ ○
○ ○ ○ ○	Shame	○ ○ ○ ○
○ ○ ○ ○	Physical Abuse	○ ○ ○ ○
○ ○ ○ ○	Verbal Abuse	○ ○ ○ ○
○ ○ ○ ○	Sexual Abuse	○ ○ ○ ○
○ ○ ○ ○	Fornication	○ ○ ○ ○
○ ○ ○ ○	Adultery	○ ○ ○ ○
○ ○ ○ ○	Cursing	○ ○ ○ ○
○ ○ ○ ○	Pornography	○ ○ ○ ○
○ ○ ○ ○	Slander	○ ○ ○ ○
○ ○ ○ ○	Envy/Jealousy	○ ○ ○ ○
○ ○ ○ ○	Bondage	○ ○ ○ ○
○ ○ ○ ○	Rejection	○ ○ ○ ○
○ ○ ○ ○	Accusation	○ ○ ○ ○
○ ○ ○ ○	Recorder	○ ○ ○ ○
○ ○ ○ ○	Hostility	○ ○ ○ ○
○ ○ ○ ○	Strife	○ ○ ○ ○
○ ○ ○ ○	Thief	○ ○ ○ ○
○ ○ ○ ○	Destroyer	○ ○ ○ ○
○ ○ ○ ○	Death	○ ○ ○ ○
○ ○ ○ ○	Suicide	○ ○ ○ ○

The Forgiving Worksheet

Begin with prayer. Seek His guidance in remembering.
 Write down every person and wrong He brings to your remembrance that needs forgiving. Write down every person and wrong He brings to your remembrance that you need to ask forgiveness for. Then speak the words of forgiveness and ask God to change your heart. Continue each time He brings one of them to mind.

Bitterness, the Strongman & his underings

The Strongman - The strong man is our enemy; Satan's palace is the person he inhabits. The armor spoken of is the underling spirits brought into his palace holding Bitterness in a place of protection and causing destruction (Luke 11:21-22). Stronger than he is the one walking in God's authority, taking hold of the enemy of God.

The underlings - Bitterness depends on his seven underling spirits as armor to hold him in place. These seven spirits grow progressively more evil ail the way down to murder. Each of the seven spirits speaks a certain dialog.

Unforgiveness - Unforgiveness would say, "I am not willing to forgive the offense against me. I will remember what has been done to me." This Unforgiveness actually invites Bitterness to become a part of their life and entertain the next six spirits.

Resentment is a feeling of ill will. It says, "I don't like him. I will never forgive him for what he did to me." Resentment keeps the ill will in place.

Retaliation will now come and speak his piece of "It is time to get even. He should pay for what he did. I am going to make him pay for what he did. I am going to get even with him."

Anger/Wrath wait on retaliation to become strong and then Anger/Wrath will break out. Anger can be seen and felt.

Hate will come forth with the idea of elimination and sounds like this: "He does not deserve to live. He does not deserve to be on planet earth. I despise him and hold him in great contempt."

Violence is anger and hatred in action. It might take the form of striking, throwing things, screaming, and physical, sexual and emotional abuse.

Murder may be actual murder, meditated murder, which is murder in the heart, or murder with the tongue such as gossip.

Definitions from Webster's Dictionary

BITTERNESS - A bitter taste; or rather a quality in things which excites a biting disagreeable sensation in the tongue.

In a figurative sense, extreme enmity, grudge, hatred; an excessive degree of passions and emotions which will not be satisfied; as the bitterness of anger. Eph 4.

Sharpness; severity of temper.

Keeness of reproach; sharpness; pungency; tartness; severity.; biting sarcasm.

Keen sorrow; painful affliction; vexation; deep distress of mind.

e.g. Hannah was in bitterness of soul. 1 Sam 1. Job 7.

In the gall of bitterness, in a state of extreme impiety or enmity to God. Acts 8;

Root of bitterness, a dangerous error, or schism, tending to draw persons to apostasy. Heb 12.

RESENTMENT - The excitement of passion which proceeds from a sense of wrong offered to ourselves, or to those who are connected with us; a mild form of anger. This word usually expresses less excitement than the word anger and it expresses much less than wrath, exasperation, and indignation. In this use, resentment is not the sense or perception of injury, but the excitement which is the effect of it.

RETALIATION - The return of like for like; the doing that to another which he has done to us; requital of evil - e.g. God takes what is done to others as done to himself, and by promise obliges himself to full retaliation.

ANGER - To choke strangle, vex, vexation, anguish. Gr. to strangle, to strain or draw together to vex. The primary sense is to press, squeeze, make narrow; Heb. to strangle.

A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and may be attended only with a desire to reprove or chide the offender.

