

BREAKING INVISIBLE BARRIERS - PART 4

This week we uncovered the truth behind bitter root judgments and their power to defile those around us. Thankfully getting free from bitter root judgments and their ugly fruit is simple. Work through the four steps below to get your freedom!

Freedom From Bitter Roots

1. Take some time to get to a quiet place and pull out a sheet of paper. Ask Jesus this question, *“Lord Jesus, please show me any bitter roots that have been operating in my life.”* Wait and write down anything that comes to mind. Don't get distracted by arguing with what comes, simply write it down for now.
2. Usually, our bitter roots are formed in reaction to a hurt that someone caused. In order to be free, we must forgive them for hurting us. Pray this out loud, *“Lord Jesus, I forgive [INSERT NAME] for [WHATEVER THEY DID THAT WAS HURTFUL].”*
3. It's more than likely, that in the moment of being hurt, you formed a judgment against the person who hurt you. Ask the Lord Jesus this question, *“Lord, what judgment did I form in my heart against this person?”* Again, write down what you hear. Now that you know the judgment, you need to repent from it. Repeat this out loud, *“Lord Jesus, I repent of the judgment I made in my heart that sounded like, [INSERT JUDGMENT].”*
4. Finally we need to break any bitter root that's taken up residence. Say this out loud, *“Lord Jesus, I renounce any bitter root that has grown because of my hurt and judgment. I ask that you take the axe to the root and break its power over my life and that I would be freed from repeating the consequences of this judgment. I repent of defiling others because of my bitterness and ask that blessing would begin to flow to our lives. Please restore to me everything that was robbed because of this bitter root.”*