

LIVING FREE FROM THE  
BONDAGE OF OFFENSE

# HOW TO DEAL WITH UNFORGIVENESS & BITTERNESS

1. Identify the vermin of  
bitterness.

We need to see bitterness,  
unforgiveness, resentment,  
retaliation, anger, hatred, slander,  
murder for what it really is: an ugly  
demonic force (“vermin”) working  
against us and through us.

2. There is only one way to deal with vermin: Get rid of it!

*And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:30-31.*

**FORGIVENESS IS THE WAY!**  
Without forgiveness you cannot get  
rid of the vermin of bitterness.

# 3. Forgiveness has conditions



*“Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?”  
Jesus said to him, “I do not say seven times, but seventy times seven. Matthew 18:21*

JESUS IS SAYING WE MUST  
FORGIVE ALL SINS, ALL THE  
TIME, NO MATTER WHAT!

*Forgive us our debts, (our sins) as we have forgiven our debtors (those who sin against us).  
Matthew 6:12 NIV*

*For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 6:14-15 NIV*

4. You are equipped to forgive.

*God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. Romans 5:5 NIV*

GOD NEVER REQUIRES  
SOMETHING OF US THAT HE HAS  
NOT EMPOWERED US TO DO.