**Anger and Bitterness**

Repentance is also the first step to freedom and healing if you are dealing with anger or bitterness. When a spouse, employer, or other person does not meet your expectations, disappointment and anger rear their ugly heads. You withdraw and take back a bit of your heart. With each hurt, another brick goes up and soon a wall built with anger, resentment, unforgiveness, and bitterness has destroyed a relationship. Sometimes disappointments come from unmet expectations- good things that don't happen. More common are the instances of unfavorable circumstances- bad things that do happen.

Anger also erodes your relationship with God. People lose their jobs and blame God. A spouse stops going to church and the mate blames God. Someone in church betrays you and *you* blame God. You wonder, "Why did this happen? Did God do this to punish me?" You get angry and bitter and withdraw from God.

**Restore Your Relationship With God**

The circumstances or unmet expectations are caused by man, our flesh, or a spiritual attack. No matter what happens, God is always there for you. You are the one who moved.

He didn't.

*Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He*

*is the One who goes with you. He will not leave you nor forsake you* (Deuteronomy 31:6).

Yet with each disappointment, you pull further away from God. You walk away- because of sin such as anger, disappointment, bitterness, or unbelief in God's love and in His Word (see Rom. 8:35). You wonder what happened to your relationship with Him. The enemy is very cunning as he creeps in with his lies to separate you from the source of all life and happiness.

There is good news. God wants to woo you back into a wonderful intimate relationship with Him. Pray and rededicate your life to Him right now:

**Prayer for Anger and Bitterness**

***Father, I have sinned. I repent. Take this sin from me now, and put it on the cross of Jesus Christ, never to be held against me again. Jesus, come into my life, not only as Savior, but also as Lord. Father, through Your Holy Spirit, guide me into all that You have for me. I have taken back part of my heart because of circumstances. I choose this day to give You my whole heart. I don't want to hold anything back. Amen.***

**Restore Relationships With People**

Human relationships are imperfect. For example, people tend to enter into marriage with unrealistic expectations. After a short time, the trash starts piling up. You tell your husband, "Take the trash out." He says, "No, I don't take out the trash." Your boss promises you a raise, but it never materializes. Your pastor doesn't meet your expectations. The leaders of the church don't recognize your contribution to the church or thank you for your volunteer work. Anger, bitterness, and resentment arise from these unmet expectations.

You have to lay down your unmet expectations. Instead, react to unfavorable circumstances by dealing with these sins. Ephesians 4:26 says, *"In your anger do not sin:* Do *not let the sun go down while you are still angry"* (NIV). Jesus got angry. There are times when it is acceptable to get angry, but don't ever allow it to reach the point of sin. Verbal or physical abuse is never acceptable. Don't let your negative feelings fester-deal with the issue before the day ends. Practice forgiveness. Unforgiveness builds walls. Forgive the people who disappointed you, just as God forgives when you disappoint Him.

**Prayer for Anger and Bitterness**

***Father, I lay down my unmet expectations of my spouse. In Jesus' name, I lay those unrealistic expectations on Your altar. Father, I lay down my unmet expectations of my children on Your altar, and I lay down my unmet expectations of my pastor. I lay down my unmet expectations of\_\_\_\_\_\_* (fill in the names of people who have disappointed you). *And I lay down my unrealistic expectations of myself on Your altar. I release those who disappointed me. In Jesus' name.***