Bitterness is the main block to healing and prevents the work of God in your life. Most people are bitter towards someone close to them—one that was supposed to love them and didn’t. Bitterness is the victim’s disease; yes, the non-offending victim will be hurt many times over as bitterness takes root. As long as you refuse to forgive someone, you are still bound to the past and to that person. You may take on Self-Pity, feeling sorry for yourself as a victim, but Self-pity is the super-glue that ties you to the past. You do not want to get stuck there. You have the choice to change your thoughts toward this temptation.

Galations: 6:12 “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

If you are exposed to someone else’s spiritual problem, the battle you are having with them is not with them as a person. It is with the principalities and powers, and invisible forces within them, which have overtaken them, and are acting out their nature through them. This is who you are battling with. This is what this scripture is talking about. We wrestle not against each other, against flesh and blood, but against principalities; this is the bureaucracy of Satan’s kingdom right here. These spiritual entities come to your mind and say something against God or Man and we believe it is OUR mind saying it...we believe that that is who we are.....but that is just a temptation and we, by the Holy Spirit inside of us, can make a choice to listen and follow that spirit or we can choose to turn our backs on that temptation. We can control what we think and do, with whatever we hear in our minds.

Our Bitterness can be directed three ways;
1. Bitterness towards other people like our spouses, our brother, or our Mother-in-law or others. This is easy to see and understand. But a little more hidden is;
2. Bitterness against God or blaming God. Maybe He didn’t heal you or you lost a child and you can’t pray anymore. You have to really keep your eyes open about this one. However, the third one really likes to hide;
3. Bitterness towards yourself. If you say “I hate myself” or “I should do more” or “I’m never enough”,
   - you volunteer at church but you feel you should do it more
   - you never let yourself off the hook
   - you always hold a record of wrongs for yourself

Luke 11:21-23 says;
“When a strong man armed keeps his palace, his goods are in peace: But when a stronger than he shall come upon him, and overcome him, he takes from him all his armour wherein he trusted, and divides his spoils. He that is not with me is against me: and he that gathers not with me scatters.”

The Bible says that unless you bind the strongman, you cannot spoil his house. You are the palace he wants to live in. He is in the second heaven and he is tormented. He roams the earth looking for a body to live in. Jesus said in this verse, Luke 11, when the evil spirit is in his place of abode in you, he is the strong man and he is very content that his armor is going to keep him in place of superiority in your life. There is only One who can get him out and that is someone that is stronger. Who is stronger? God is stronger. Jesus is stronger, and You and I are stronger because we have the Holy Spirit working through us because it says in;

Mark 16:17
“And these signs shall follow them that believe; in my name shall they cast out devils; they shall speak with new tongues; “

The strongman of Bitterness has seven pieces of armor to hold him in power. These 7 spirits are:
1. Unforgiveness
2. Resentment
3. Retaliation
4. Anger and Wrath
5. Hatred
6. Violence
7. Murder
These spirits wrestle as a tag team. When one defeats you, he then tags the next spirit in line to see how far they can get you to participate with them.

Each spirit is more dangerous and more powerful than the other. They act like plates of armor that overlap each other and keep each other in place. When the final spirit interacts, the conclusion will be spiritual and physical death.

The kingdom of Bitterness will separate you from God, and carry you into apostasy(deserting your faith), bondage, disease, insanity, and finally desolation(ruin or desertion). Understanding this principality and the evil spirits that make up his armor, will help prevent that from happening.

Hebrews 12:15
“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;”

Bitterness defiles others. As a child, you could have been exposed to someone else’s Bitterness. The Principality in that person wanted to connect with you and did or said something to made you a victim. Now there is a spirit on assignment immediately in conjunction with the spirit operating in the other person. What is the first thing that comes into you when someone wrongs you? UNFORGIVENESS.

Bitterness is the strong man and the first layer of armor he trusts in is Unforgiveness. Bitterness is banking on the fact that when you are ready to forgive, Unforgiveness will pull up voices, sights, sounds, and smells that remind you of what they did to you. This spirit tells you that you are never going to forgive. He is planning to have his place and his habitation in you and rehash what was done to you-project it and torment you.
Unforgiveness says and wants you to believe, “You hurt me deeply and I’ll NEVER forgive you!”
Or, if you are a passive or quiet person, he often has you turn the Unforgiveness inward and says, “I’m never going to share my feelings with anyone again, especially you.”
 Forgiving others is not an option, but a command. God helps us forgive after we have repented of our bitterness. We must be like Jesus and we must forgive, as God forgives us in order for us to have Peace of Mind.

After Unforgiveness has done its fermenting work in your life, then the strong man sends out another spirit to reinforce it: RESENTMENT. Resentment is harboring ill will against someone for being treated unfairly. It is keeping a record of wrongs and rechecking the list to make sure no nasty thing is forgotten...ever!! Resentment says and wants you to believe and go with the idea that” I don’t really like you. I’m NEVER going to forget what you did to me!”

Many people don’t believe they have Bitterness, but they will admit to having some Resentment. However, you can’t have Resentment without having Bitterness.

Once Unforgiveness and Resentment have become a part of your life, it is time to get even.... Time to retaliate.

The third of the spirits that answers to Bitterness is RETALIATION. It sets the stage to begin the elimination of a person in a relationship. Retaliation says, “I’m going to get even! You’re going to pay for what you did!” A few years ago we would see a bumper sticker that said, “I don’t forgive, I get even!”

This spirit of Retaliation is much more dangerous than the former spirits. It probably accounts for 99% of mankind’s problems.

After Retaliation has established itself within you, Bitterness sends out another spirit to reinforce the other three....

ANGER AND WRATH. The first three, Unforgiveness, Resentment, and Retaliation can be hidden, but Anger starts to show physically. Anger is a “brainstorm” that can be seen and felt. It is a heated chemical reaction that wells up in us and demands exhaust.

Anger suggests to you; “I believe that you are mean and horrible and I’m going to hurt you!” However, you have a choice to allow this anger to manifest in you or not, with the help of the Holy Spirit.

This spirit of Anger is a master at mixing up our chemicals at glandular levels to create a toxic potion. It is the root behind all family splits, all division, and all breakups of human relationships.
After Anger and Wrath has gained a foothold, then HATRED comes. Hatred not only has the root of Bitterness, but it is being fueled by Unforgiveness, Resentment, Retaliation, and Anger and Wrath. Now begins the stage of elimination of the person that you hold in Unforgiveness. Hatred says to you and it wants you to believe, “I can’t stand you and one of us has to go and it will not be me!” But by the power of the Holy Spirit, you can reject this idea.
As an example; Wives that are abused throughout marriage by their husbands tend to turn the tables when he is elderly and infirm, (and vise versa). But she ends up being more ensnared by her Hatred than he did by his Abuse.

Proverbs 26:24-27 says;
He that hates dissembles with his lips, and lays up deceit within him; When he speaks fair, believe him not; for [there are] seven abominations in his heart [whose] hatred is covered by deceit, his wickedness shall be shewed before the [whole ]congregation. Whoso diggeth a pit shall fall therein: and he that rolleth a stone, it will return upon him.

With Hatred, there can be the appearance of sweet talk on the surface, but with discernment you can see the deceit. Note the seven abominations or “armors” surrounding this spirit in verse 25. We believe those seven abominations are the seven steps or spirits of Bitterness we are talking about.

One third of all cancers and heart attacks and 50% of all incurable diseases have hatred as a root cause.

The Sixth level of Bitterness is VIOLENCE. Violence is anger and hatred in action. Violence says to you, “I’m going to punch your lights out and tear you apart!!” However, you have a choice to go with that or turn your back on this temptation to think this way. Violence is not just emotional anymore: it is not just spiritual: it has become physical. You can see Violence in everyday life in families. It might take the form of striking, throwing things, screaming, and includes physical, sexual, and emotional abuse. This is usually generational…passed down through the generations. Violence is very selfish and controlling by nature.
The Seventh spirit that completes the full plan of the devil for destruction of people and their relationships out of the strong man of Bitterness is MURDER.

Murder is not just physical murder. It may be Murder by the Tongue such as gossip or slander, destruction of a person’s character and reputation, or meditated murder which is murder in your heart. Examples of this murder with the tongue are
   “I wish you were dead!”
   “I hope it kills you!”
   “You’re killing me!”
   Threatening divorce is speaking words of murder to the marriage bond.

There can be murder against yourself, which is suicide.

The Spirit of Murder says to you “I’m going to get rid of you and kill you or kill your reputation.”

Murder can be found in the heart, because the conclusion of the hierarchy in the kingdom of Bitterness is the elimination of the person on all levels.

“For out of the heart proceed evil thought, murders, adulteries, fornications, thefts, false witness, blasphemies:”
Matthew 15:19

It starts with -BITTERNESS and spirals downward very quickly;
   Unforgiveness
   Resentment
   Retaliation
   Anger
   Hatred
   Violence
   Murder

Bitterness is the fertilizer that makes difficulties grow!!!
The World is filled with Murder, Anarchy, Division, Sedition (dissent or revolt), Violence, and Bitterness. It is in our nation, our churches, our families, and in our personal lives. You are the target of this strong man that Jesus was talking about in Luke 11. If this spirit gets into your heart he sets up his throne within your life. He is the strong man, he is armed with these other spirits, and he keeps his palace.

If you, from your heart do not forgive your brother his trespasses which produce Bitterness in you, your Father in Heaven cannot or will not forgive you yours. We have to eliminate this strong man in order to be free.

Matthew 6:14-15 says;
For if ye forgive men their trespasses, your heavenly Father will also forgive you; But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

Although God wants you to have a heart towards resolution with the people who have injured you and with whom you have Bitterness against, if they do not respond to you when you ask forgiveness for your bitterness then that is NOT your problem. Resolution of these things in your life does not depend on resolution with that person. You have to come to God personally and get your freedom.
THE RESOLUTION COMES FROM GOD NOT OTHER PEOPLE.

Henry Wright says,
“……you’re asking God to forgive you of your debt. He has. Through Jesus Christ, he has. And what are you to do? Forgive your brother his trespasses, and if you don’t, then with one hand you are asking God to forgive you, on the other hand you won’t forgive your brother, then I want to tell you what comes…… TORMENT.

This produces Torment. Where you have Bitterness, you have Torment. Where you have Unforgiveness, you have torment. Where you have Resentment, or Retaliation, you have Torment. Where you have Anger and Wrath, you have Torment. Where you have Hatred, Violence, or Murder, either with tongue or deed, you have Torment. Many people are tormented in their minds.”
Sometimes Torment comes from Occultism or sometimes Fear, but this type of Torment [from Bitterness] is a different type. This Torment is the type that will always throw you into Rejection.

You have a bureaucracy that’s assigned to you. There are about 10 or 12 major strongholds in most people’s lives….if these strongholds we talked about are in place; it opens the door up for Rejection. Rejection and all it represents opens the door to Fear and Fear represents another type of Bondage. So whether it is Bitterness, or Rejection, or Fear, all three of these areas are Torment to your life.

But if you’ve forgiven someone, you won’t have to be worried about fear. These have to go. These have to go and never come back!

Oh, they’ll try to come back, you know why? You’re exposed to somebody who has these everyday, aren’t you? You can be set free of all these and tomorrow or five seconds from now you can be exposed to a person operating in these spiritual dynamics and you have a choice to make. What is the choice? Whether you’re going to be a spiritual person and walk in your freedom, or you’re going to open the door for this to come back into your life again. That’s why the Bible says when the evil spirit is cast out, it wonders through a dry place looking for a place of rest and finding none, comes back to its original house to see if the house is filled or empty. What are you going to be? FILLED!

Henry says and I quote;
“Now you see why it’s so important that I teach you. What am I doing? I’m filling you up. I like to do it this way in ministry; I like to fill you up with so much of God’s word, and so much knowledge, and so much discernment, that they’re squeezed, that they have no place to hide. These spirits speak to me through people and say “I have just got to get away from you, this is too much,” I’m out of here.” They cannot stand the pressure of the Holy Spirit. They cannot stand the pressure of the Word of God. They cannot stand the pressure of a person’s will bending towards God.

This teaching needs to be the foundational teaching for every believer, on the first day they accept Christ because this is the first thing that has to get unraveled. If this is not dealt with in your life, all the other things that you want to deal with will be that much more difficult to resolve. Because this is
holding a record of wrongs, this is doing the flashback, this is playing the old video camera, this is the Accusation, this is what gets you into trouble with others, this is what makes you hear voices in your head, this is what gets you into a place of jealousy and envy, this is what will strategize to separate you from God and others. That why these are so dangerous, The Tormentor and the Tormentor.” unquote

The antidote for Bitterness is Forgiveness.
Forgiveness is an act of obedience to God. It has very little to do with our feelings. We are to forgive 70 X7 times.
Forgiveness is like our breastplate of Righteousness.

Forgiveness from Henry’s notes
“Forgive us our debts as we forgive our debtors. What does that mean? It means we forgive; we release others from their debt as they release us from our debt. What does that debt do to you? Debt puts you in bondage to another, doesn’t it? Do you know that when somebody has unforgiveness against you, and you have unforgiveness against them, that you have a breach; it’s just like it was a debt. And it is unresolved unless it is cleared. It stands right there demanding to be fulfilled as any debt would be. If you want to be a free man and a free woman, then you need to be free with each other. That’s why the Bible says this…. If you loan anybody money, and they can’t pay you, release them.

Release them? Why? Because that’s a breach.
God is a restorer of the broken heart. God is the repairer of the breach. God is the one that will repair the desolation of many generations.
This is the first day of your life! In the Father, through Jesus Christ, whether you live or whether you die, you’re the Lord’s, eternal life and resurrection from the dead is your promise.”
(We must stand firm on being a Child of God and not accept these spirits into our lives)

As Jesus was dying on the cross, his words are recorded,
“Father, forgive them, for they know not what they do.”

I pray that in this teaching, you take your ground against your enemy, that you’ll have it in your heart to say, “Father forgive them. For they know not what they were doing.”
Henry says;” If you find any one of these evil spirits in your life, every single one can damn your soul. I do not care whether you say you are saved or not, it can damn your soul if you do not come to grips with it. You are worth saving.
You can be totally free of all seven spirits that answer to Bitterness. This does not mean that they won’t come around checking you out to see if you are filled or empty. Other people who have these spirits in them will be tempting us to get back into it.
But because you are subjected to another person’s defilement in this area does not mean you have to pick these evil spirits back up again and let them become part of your nature. It is your choice.”