

Letting Go of Bitterness

A story is told of a man who went to a school reunion. As the room filled with old high school acquaintances, someone tapped him on the shoulder. As his eyes drifted over the woman's name tag, his mind drifted back in time. He remembered a note shoved through the slot of his locker from her. It had contained a cruel words of rejection that shamed him and crushed his spirit. He remembered thinking, somebody needs to teach her a lesson on how to treat people. He realized, after all these years, he still had a deep root of bitterness hidden within him. Although he felt as if he was reliving his adolescent pain, he mustered up a fake smile and insincere words began coming out of his mouth.

As they began to converse, these words popped into his head, "Do not be overcome by evil, but overcome evil with good." She told a sad story of a difficult upbringing and of an unhappy marriage. They talked, even shared some tears. Neither of them mentioned the long ago incident.

This story may be related to some of our experiences. We may hold some bitterness from past experiences. But this statement holds true, **revenge imprisons us; forgiveness sets us free!** As you pray each day, ask God to help you let go of any resentment and bitterness in your hearts, by forgiving those who have hurt you. This is what separates us from our culture, doesn't it?

together through prayer and service,

Deacon Mike