

Rock City Sermon Notes

Pastor Mike Jr | Series: Blessed

Message Title: Too Blessed to Be Bitter

Scripture: 2 Samuel 9:1–3

SERMON SUMMARY

Pastor Mike Jr teaches that you cannot walk into the next season God has prepared for you while still carrying the infection of bitterness. Bitterness blinds, blocks blessings, distorts identity, and cripples spiritual movement, while healing and discipleship restore clarity, freedom, and vision. PMJ shows through David, Mephibosheth, and the anatomy of emotional wounds that God wants to heal you so you can receive what He's sending next without sabotaging it.

DEFINITIONS SECTION

Bitterness

A spiritual infection caused by a wound that never healed.

An *internal condition* that spreads, settles, and disguises itself as “protection.” It’s a *condition* of the heart that grows, spreads, and distorts how you see yourself, others, and God.

Bitterness = discipleship in reverse - it shapes you into your wounds, not into Christ.

- Not an emotion, an infection
- A memory that refuses to mature
- Unprocessed hurt that becomes your identity
- Pain that hardens instead of heals
- Grief that gets stuck
- Anger that settles into your personality
- Internal poison disguised as protection

Biblical Language:

Hebrews 12:15 calls it a “root of bitterness,” meaning bitterness grows invisibly beneath the surface until it **contaminates** everything around it.

Discipleship

The process of becoming more like Christ in character, conduct, and mindset through consistent surrender, obedience, and spiritual formation. Discipleship heals, sharpens, matures, and expands identity.

- Heals you from the inside out
- Grows you into the person God designed
- Makes you whole where life broke you
- Forms your identity, not just your behavior

Discipleship makes you *heal*.

Bitterness makes you *hide*.

Trauma Bonding

An emotional attachment created through shared wounds, pain, gossip, or negativity.

People connect over what broke them instead of what builds them.

Why it's dangerous:

- Feels like comfort, but creates chains
- Strengthens wounds instead of healing them
- Feels familiar, not fruitful
- Reinforces unhealthy patterns
- Recycles the same pain in community form

Identity (Biblical Definition)

Your God-formed identity is the version of you Heaven recognizes — not the version shaped by trauma, environment, or expectation.

- Not what you do, who you *be*
- God transforms identity before activity
- Your identity shifts as your assignment changes
- You cannot walk in blessing while clinging to your old nature

“God didn’t tell Abraham what to do. He told him who to be.”

Alignment

Alignment is when your **beliefs, behaviors, and boundaries** match God’s assignment for your life.

Three Components:

1. Beliefs – what you accept

Faith must align with truth — not trauma, pressure, or people.

2. Behaviors – what you apply

Belief is theory. Behavior is alignment.

3. Boundaries – what you allow

You cannot walk in blessing while tolerating what God didn’t approve.

Alignment is when who you say you are matches who God said you are.

Spiritual Autoimmune Disease

Just like the physical body begins attacking itself, bitterness causes your spirit to attack the same parts God is trying to heal.

Redemptive Suffering

The scriptural idea that God brings growth, clarity, and transformation through seasons of pain.

Divine Providence

God's sovereign ability to take *every* situation, good or bad, and repurpose it for His plan.

Genesis 50:20 in action.

Providence doesn't prevent pain.

Providence repurposes pain.

Divine Vindication

When God defends your name, restores your reputation, and reverses injustice *without you having to fight dirty*.

God's version of justice.

- God defends your reputation
- God exposes truth in His timing
- God rewards the right you chose to do
- God reverses everything meant to break you

“You clapping back = you going to them.
God vindicating = them having to come to you.”

Divine Reversal

God's supernatural ability to flip a situation, elevate you, or restore what was lost in a way that proves His hand, not your hustle.

In Scripture:

Joseph, Job, Mephibosheth, Ruth, Esther, David.

Meaning:

It won't just turn — it will turn in a direction that **only God can orchestrate**.

Hebrews 12:15 — “Root of Bitterness”

A hidden origin, an underground source, an unseen beginning that eventually produces visible fruit.

Bitterness roots itself quietly until it:

- Grows
- Spreads
- Defiles
- Contaminates relationships
- Shapes your reactions
- Becomes your perspective

GRACE

Grace is God's supernatural enablement to heal, overcome, mature, and transform beyond what your human strength can accomplish.

Grace is the antidote to infection.

Grace cleanses what bitterness contaminates.

Grace empowers maturity where pain tried to stop growth.

“Too Blessed To Be Bitter”

When God's hand, favor, protection, and providence have carried you farther than your wounds, traumas, mistakes, or drops you are too blessed to allow bitterness to claim your heart.

YOU'RE ABOUT TO WALK INTO ONE OF THE BEST SEASONS OF YOUR LIFE

- *"You're about to walk into one of the best seasons of your life, but if you're not careful bitterness will blind you to it."*
→ **Your next season can arrive, and you can still miss it** if your heart isn't healed.
- *"There's a blessing about to find you. Don't be too bitter to be blessed."*
→ Blessings can **FIND** you, but bitterness can **block**, **distort**, and **disconnect** you from what's yours.
- Some people **allow what happened to them to become what grows in them.**
→ This is the shift from pain → bitterness. From hurt → identity.
→ Your wound becomes your worldview if you don't process it.

BLESSINGS ARE BIGGER THAN BITTERNESS

- PMJ taught us through David in Scripture that the blessing on your life is *bigger* than the bitterness you've lived through.
- *"When God's hand is truly on your life, you are able to not let it negatively affect you anymore."*
→ God's hand doesn't remove memories; it removes the sting.
→ Grace matures you beyond grudges.
- *"You are too blessed to be bitter."*
→ Not a cute phrase, it is an identity statement.
→ If you're blessed, bitterness and your blessing **cannot coexist**.
- It's time to heal.
→ Healing makes room for the newness God is trying to bring into your life.

BITTERNESS IS DISCIPLESHIP IN REVERSE

What Bitterness Really Is

PMJ said:

- Bitterness is NOT an emotion.
- Bitterness is NOT “being mad.”
- Bitterness is *discipleship in reverse*.

Meaning:

- Discipleship = becoming more like Christ.
- Bitterness = becoming more like your wounds.

He said it plainly:

“Discipleship makes you heal. Bitterness makes you hide.”

- Bitterness is an infection, not a feeling.
- An infection spreads, settles, and speaks.

How Bitterness Forms

- “*Bitterness is the result of a wound never healing.*”
→ Not the moment but the aftermath.
- Emotions come and go; infections settle.
→ Bitterness sets up residence.
- Bitterness spreads through your thoughts.
- It settles in your identity.
- Then it starts speaking in your voice.

“You can tell a person is bitter by how they talk.”

SIGNS OF BITTERNESS

1. You replay a moment long after it ended

Even when the person is gone, the betrayal is old, or the situation is resolved.

2. You assume motives instead of asking questions

Example:

“They meant to hurt me.”

“They did that on purpose.”

→ Bitterness fills in answers with fear.

3. You expect hurt even in healthy places

→ A healed room still feels dangerous when you’re infected.

4. You hold on to the feeling instead of the fact

- A betrayal happened once... but bitterness keeps reliving the feeling.

5. You sabotage blessings

Bitterness makes you misread love, mistrust blessings, and push away good things God sends.

5. You’ve been stuck not because of what they did, but because of what you kept

→ “*Bitterness isn’t about what they did, it’s about what you kept.*”

BITTERNESS: WHAT IT DOES TO YOU

1. Bitterness Destroys New Blessings

- You will ruin what God is trying to send if you’re too bitter to receive it.

2. Bitterness Turns the Mind Against Itself

PMJ revealed bitterness as:

- **A spiritual autoimmune disease**
 - Physically: the body attacks itself.
 - Spiritually: you attack the areas God is trying to heal.

3. Bitterness Makes You Misread & Mishandle Good People

Because:

- You think you are “protecting yourself,”

- But you're actually **rejecting your healing**.

4. Bitterness Sabotages Relationships

- You offend people before they get close.
- You misinterpret generosity.
- You mistrust kindness.
- You confuse safety with danger because your memory is stuck in trauma.

5. Bitterness Warps Vision

- *“Bitterness is a blessing blocker because it makes you blind.”*
- Blessings require sight.
- When your heart is clouded, your vision becomes distorted.

WHY BITTERNESS FEELS “EASIER” THAN HEALING

1. People are ashamed to admit bitterness

Because bitterness feels like:

- Losing control
- Being weak
- Admitting wounds
- Acknowledging that you're not healed

Most people admit to sins they **chose**,
but not issues they can't control.

2. Bitterness masquerades as strength

Many think:

- “I'm protecting myself.”
- “I don't trust nobody.”
- “I'm just being cautious.”

But in reality:

- It's fear.
- It's infection.
- It's unprocessed grief.
- It's self-defense turning into self-destruction.

HURT VS. BITTERNESS

Category	HURT	BITTERNESS
Biblical Concept	A wound. Pain from an event or experience.	A poison. A spiritual infection that spreads.
Nature	Temporary. Something you <i>feel</i> .	Ongoing. Something you <i>become</i> .
Origin	Caused by a moment.	Caused by unprocessed emotions that settle in your identity.
Response	You cry, acknowledge it, process it.	You replay it, rehearse it, relive it.
Impact on Thoughts	Painful but clear.	Distorts your perception. Creates assumptions.
Impact on Identity	Doesn't define you.	Starts speaking in your voice. Becomes who you think you are.
Manifestation	Tears, sadness, disappointment.	Anger, defensiveness, mistrust, sabotage.
Effect on Relationships	You may pull back to heal.	You push away the people God sent to heal you.
Effect on Blessings	Doesn't block blessings.	Blocks blessings because blessings require sight.
Spiritual Parallel	A cut.	A crippling.
Emotional Pattern	Temporary emotional sting.	A cycle: assumption → protection → isolation → sabotage.

Category	HURT	BITTERNESS
Scripture Connection	“He heals the brokenhearted...” (Ps. 147:3)	“See to it that no bitter root grows up...” Heb. 12:15
Root Cause	Something happened.	Something happened—and stayed.
Healing Path	Acknowledgment, prayer, counsel, processing.	Surrender, repentance, honesty, deliverance, discipleship.

Hurt = Pain

Temporary. Natural. Human. Can be healed.

Bitterness = Poison

Lingering. Contagious. Crippling. Attacks the future, not just the past.

Hurt = A cut

It bleeds. It stings. But it can close.

Bitterness = Crippling

It arrests movement. Slows purpose. Disrupts destiny.

BITTERNESS SLOWS PURPOSE

- Many people think they’re stuck (paralyzed)...
- But really, they’re just **crippled** (moving slow).

God uses both:

- Slowness in seasons of patience
- Speed in seasons of movement

But bitterness slows you during seasons when God is saying, “Go.”

BITTERNESS AND VISION

- Bitterness clouds clarity.
- Bitterness rewrites reality.
- Bitterness can make you see a blessing as a threat.

“You may have had a bad experience and became bitter, not realizing you’re favored. God is giving you a do-over but you’re missing it because you think the next one will look like the last one.”

BITTERNESS CANNOT HAVE ME

“Bitterness cannot have my heart, mind, body, soul, vision or anything attached to me. Bitterness cannot have me.” Neffeteria

Biblical echo:

“All things are passed away... behold, all things are become new.”

Bitterness tries to resurrect what God buried.

SATAN AND FALSE FREEDOM

- You can hear a good word...
 - And the enemy will *immediately* test your healing.
- You can’t “scrub out” bitterness.
- You have to **soak** in the Word.
- Let His presence soften and release what your willpower can’t.

“The devil is not blocking your blessing. Your bitterness is.”

THE COST OF NOT HEALING

- You forfeit future blessings crying over past pain.
- Bitterness makes you see **EVERYTHING** wrong.
- You can’t receive love, opportunities, elevation, or new people with old filters.

“It’s better to be difficult than bitter.”

Because:

- Difficult means healed enough to have boundaries.
- Bitter means wounded enough to destroy blessings.

CRIPPLED VS. PARALYZED

A revelation from Mephibosheth's story.

Category	CRIPPLED	PARALYZED
Definition	You can move, but not at full strength.	You cannot move. You are stuck.
Spiritual Meaning	You're functioning, but wounded.	You are frozen by what happened.
Movement	Slow, steady, cautious, but still moving.	No movement. No progression.
Biblical Insight	Mephibosheth was crippled but not bitter.	The Israelites stuck in the wilderness due to disbelief.
Why It Happens	A drop, a wound, a mistake, a trauma.	When hurt transforms into bitterness, fear, or disbelief.
Emotional Patterns	You hesitate, second-guess, but still try.	You shut down, isolate, avoid, and stay stuck.
In Purpose	You limp, but you still show up.	You can't step into purpose at all.

Category	CRIPPLED	PARALYZED
Effect on Relationships	You may need support but can still connect.	You push people away or sabotage connections.
Effect on Vision	You see yourself as wounded but hopeful.	You see yourself as broken and hopeless.
God's Response	Grace meets you where you are.	God sends deliverance, but you must respond.
Identity Impact	Wound acknowledged but not weaponized.	Wound becomes an identity.
Example Today	Still serving despite the pain.	Not serving because of the pain.
Key Word	Healing.	Stuck.
Spiritual Message	Crippled ≠ unqualified.	Paralyzed = refusing to heal.
PMJ Vibe	“Slow doesn’t mean defeated.”	“The enemy wants you stuck because stuck people can’t see blessings.”

BITTERNESS AS A SPIRITUAL INFECTION

Bitterness is not an emotion. It is an infection.

Emotions rise and fall.

Infections linger, settle, and spread.

A. What Makes Bitterness an Infection?

1. **It spreads through your thoughts.**
 - Bitterness rewrites memories.
 - It feeds assumptions.
 - It grows fear and distrust.
2. **It settles in your identity.**
 - You start seeing yourself through wounds instead of truth.
 - You adopt “hurt logic” instead of healed logic.
3. **It speaks in your voice.**
 - Bitterness eventually becomes your inner narrator.

- You become suspicious, defensive, guarded, or pessimistic without noticing.
- 4. **It creates false conclusions.**
 - “People always hurt me.”
 - “Nobody is trustworthy.”
 - “I have to protect myself at all costs.”

All of these are infection symptoms, not personality traits.

BITTERNESS VS. DISCIPLESHIP

“Bitterness is discipleship in reverse.”

Meaning:

- Discipleship shapes you into Christ.
- Bitterness shapes you into your wounds.

What Discipleship Does:

- Heals
- Matures
- Softens
- Expands identity
- Shows who God is calling you to be

What Bitterness Does:

- Hides
- Hardens
- Shrinks identity
- Keeps wounds fresh
- Shows who hurt you instead of who you’re becoming

Discipleship vs. Bitterness Comparison

Discipleship	Bitterness
Makes you more like Christ	Makes you more like your wounds
Heals from inside out	Hurts from inside out

Discipleship	Bitterness
Produces fruit	Produces fear
Requires honesty	Requires denial
Leads to freedom	Leads to bondage

SIGNS OF BITTERNESS AS AN INFECTION

1. You replay a moment long after the moment has passed.

→ Evidence the memory hasn't matured.

2. You assume motives instead of asking questions.

→ Pain fills in the blanks with worst-case scenarios.

3. You expect hurt even in healthy places.

→ You brace for pain where God sent safety.

4. You hold onto the feeling instead of the fact.

→ The event ended, but you kept the emotion.

5. You live in emotional *déjà vu*.

→ Different people, same wound being re-lived.

6. You sabotage good relationships.

→ Pushing away people sent to heal you.

7. You misread love.

→ Healthy love feels suspicious when you're infected.

8. You mistrust blessings.

→ You assume good things are “too good to be true.”

9. You offend people before they can get close.

→ A protective measure that becomes destructive.

10. You confuse self-defense with self-destruction.

→ Thinking you're safe when you're actually stuck.

BITTERNESS AND THE SPIRITUAL IMMUNE SYSTEM

“Bitterness is a spiritual autoimmune disease.”

In the Natural:

The immune system attacks the body instead of protecting it.

In the Spirit:

You attack:

- The love God sends
- The help God provides
- The blessings God delivers
- The people God assigns
- The healing God offers

Real-Life Examples:

- God sends a supportive friend → bitterness says, “What do they want from me?”
- God sends a safe relationship → bitterness says, “They’ll hurt me eventually.”
- God sends mentorship → bitterness says, “I don’t trust their intentions.”
- God sends opportunity → bitterness says, “This won’t work out.”

Bitterness turns everything pure into something poisonous.

BITTERNESS AND MISREADING GOD’S GIFTS

“You may lose out on the good people God sends because you offend them when you do not let them close to you.”

Bitterness Causes You To:

- Reject good people
- Mistrust safe people
- Bond with broken people
- Connect over wounds instead of wisdom
- Enter trauma bonds disguised as friendships

Bitterness Interprets Blessings As Threats

You become hypervigilant:

- “Why are they being nice to me?”
- “What’s their angle?”
- “Something’s off.”
- “This is going too well.”

The Gift of Discernment Can Be Distorted By Bitterness

Healthy discernment sees truth.

Bitter discernment sees danger in everything.

BITTERNESS AND IDENTITY WARPING

“You are not what happened to you. You are what God predestined you to be.”

Bitterness tries to rewrite your identity into:

- The rejected one
- The hurt one
- The abandoned one
- The betrayed one
- The overlooked one

But God wrote:

- Chosen
- Called
- Healed
- Appointed
- Blessed

Bitterness makes you forget who you *are* and remember what they *did*.

BITTERNESS AND MEMORY

“Bitterness is a memory that refuses to mature.”

Healthy Memories Grow With You

They:

- Teach you
- Stretch you
- Warn you
- Mature you

Bitter Memories Stay The Age Of The Hurt

You become a grown woman with:

- A teenage wound
- A child’s fears
- A young adult’s insecurity
- An old memory ruling a new identity

Symptoms of an Immature Memory:

- Overreaction
- Emotional shutdown
- Pushing people away
- Sabotaging relationships
- Avoiding connection
- Expecting disappointment
- Misinterpreting tone or intention

The moment never grew out of you.

BITTERNESS AND VICTIM MENTALITY

“It’s hard to be a victor when you live with a victim mentality.”

Bitterness says:

- “Look what they did.”
- “I can’t trust anyone.”
- “Everyone leaves.”

Healing says:

- “Look what God healed.”
- “I am protected.”
- “God restored me.”

BITTERNESS BLOCKS VISION & BLESSING

“Bitterness is a blessing blocker because it makes you blind.”

Blessings require:

- Sight
- Faith
- Clarity
- Openness
- Trust

Bitterness produces:

- Blurry vision
- Distrust
- Suspicion

- Closed heart
- Defensive posture

Scripture Reminder:

“We walk by faith, not by sight.”

Bitterness attacks faith.

BITTERNESS MAKES YOU SLOW WHERE GOD

“Many of us are not paralyzed (stuck), we are crippled (slow).”

Meaning:

- Some things didn’t stop you—but they slowed you.
- Slow is useful in seasons of patience.
- But dangerous in seasons of acceleration.

Bitterness is spiritual dragging.

BITTERNESS AND BLINDNESS TO “THE DO-OVER”

Many people:

- Had a bad experience
- Became bitter
- And now can’t recognize when God is giving them a chance to experience something better

Because they expect:

- The next one to look like the last one
- The next opportunity to repeat the last pain
- The next relationship to repeat the last betrayal

Bitterness can make you miss the blessing you prayed for.

MEPHIBOSHETH & “THE DROP”

2 Samuel 4:4

Jonathan, Saul’s son, had a son named Mephibosheth who was five years old when news came of Saul and Jonathan’s death. His nurse picked him up to run but in the process, she dropped him and he became crippled.

This is the origin of Mephibosheth’s wound.

Not because someone hated him.

Not because someone betrayed him.

But because someone who *loved him* panicked and made a mistake while trying to save him.

BACK STORY

Saul (grandfather of Mephibosheth) repeatedly tried to kill David.

David spent YEARS:

- Running
- Hiding in caves
- Living homeless
- Dodging spears
- Surviving jealousy
- Being rejected

Saul wasn’t an enemy

He was *assigned to be a covering*.

But his insecurity made him a danger.

Jonathan (Mephibosheth’s father) loved David.

Jonathan and David:

- Made a covenant of friendship
- Promised protection
- Promised to care for each other's descendants
- Shared destiny and loyalty

Jonathan protected David FROM Saul.

The day Saul and Jonathan died, Mephibosheth's life changed in ONE MOMENT.

His:

- Position
- protection
- provision
- family
- future

ALL shifted.

His nurse heard:

- “Saul is dead.”
- “Jonathan is dead.”
- “The house is in danger.”

She panicked, grabbed him, and ran.

WHAT ACTUALLY HAPPENED IN THE DROP

The Nurse Didn't Drop Him To Hurt Him

This is huge.

The nurse was *not neglectful*.

She was *not abusive*.

She was *not malicious*.

She was *not uncaring*.

She dropped him because:

- She heard his father died
- She heard his grandfather died
- She knew the tradition of the time:
new kings killed the previous king's heirs
- She panicked trying to save him
- She chose to pick him up before she grabbed anything else

She didn't run FROM him. She ran WITH him.

She just stumbled.

The Drop Was a Result of Fear, Not Hatred

“You always get dropped when you are surrounded by people who operate by fear.”

Fear makes even the best people clumsy.
Fear makes protectors sloppy.
Fear creates accidental wounds.

The Drop Wasn't His Fault

Mephibosheth did nothing to deserve that injury.

Some wounds in your life happened:

- Because someone else panicked
- Because someone else was scared
- Because someone else didn't know better
- Because someone else was unhealed
- Because someone else was overwhelmed

“Some of us have been hurt on the run so that the stuff that took our parents won't get us.”

HOW “THE DROP” SHOWS UP IN YOUR LIFE

PMJ illustrated how many of us were hurt by people who were:

- Trying

- Overwhelmed
- Afraid
- Doing their best
- Not properly equipped
- Operating from their own trauma

Some “drops” you survived:

- Your mother didn’t want to fail you—she was running from her own wounds
- Your father didn’t want to abandon you—he was running from broken patterns
- The partner didn’t mean to destroy your trust—they were running from their own damage
- The friend who failed you was scared and unhealed, not malicious

“What if your mother did the best she knew how to do? Does she get grace?”

Not excusing the wound.

But recognizing the context of the wound.

You didn’t die from the drop, you survived it.

Just like Mephibosheth, you:

- Lived through it
- Grew through it
- Matured beyond it
- Outlived the danger

MEPHIBOSHETH’S RESPONSE TO THE DROP

Mephibosheth was taken to Lodebar.

Lodebar = “No pasture, no communication, no bread.”

It is:

- A dry place

- A forgotten place
- A place where people hide
- A place for those who feel disqualified
- A place for those who feel ashamed

In modern language:

- The place you shrink
- The season you isolate
- The version of you that hides because you're hurt
- The mental space where you don't feel worthy
- The emotional place you retreat to when life hits

Lodebar is where broken identity grows.

But God never intended him to *stay* there.

DAVID REMEMBERS THE COVENANT (2 Samuel 9:1–3)

David asks:

“Is there anyone still left of the house of Saul, to whom I can show kindness for Jonathan’s sake?”

The blessing came looking for him.

He wasn't praying for this.

He wasn't expecting this.

He wasn't in the room.

He wasn't networking.

He wasn't performing.

He wasn't campaigning.

He wasn't fighting for a seat.

He was simply being who he was.

And favor found him.

The blessing wasn't about Mephibosheth's worthiness.

It was about:

- Covenant
- Covering
- Loyalty
- Legacy
- The faithfulness of Jonathan

Sometimes your blessing has nothing to do with you and everything to do with a promise God made before you were born.

Mephibosheth didn't seek the throne room.

The throne room sought him.

“There’s a blessing about to find you, don’t be too bitter to be blessed.”

If Mephibosheth allowed bitterness to take root:

- He would have rejected David’s invitation
- He would have disqualified himself
- He would have assumed it was a trap
- He would have hidden deeper in Lodebar
- He would have misread the blessing as danger
- He would have sabotaged his own restoration

Bitterness blinds.

Healing reveals.

Bitterness blinds you to the intentions of people sent to bless you.

Mephibosheth could have said:

- “David’s out to get me.”
- “David wants to kill me like kings normally do.”
- “I don’t trust this.”
- “It’s safer in Lodebar.”

But he didn’t.

He came limping, but he came willingly.

The blessing restored what he didn't even know he lost.

David gave him:

- ALL the land that belonged to Saul
- Servants
- Provision
- Position
- Honor
- A permanent seat at the king's table

Not because he earned it.

Not because he was perfect.

Not because he was healed.

But because **he was chosen.**

Don't let your injury block your inheritance.

Mephibosheth was:

- Dropped
- Crippled
- Hidden
- Poor
- Forgotten

But God still called his name.

God still sent a blessing.

God still restored him.

God still honored him.

You can be broken and still be blessed.

PMJ made it clear:

**The nurse dropped him.
But God held him.**

He lost his ability to walk but he never lost the ability to be blessed.

You are too blessed to be bitter.

If Mephibosheth stayed bitter:

- He would have stayed in Lodebar
- He would have missed the king's table
- He would have turned away restoration
- He would have sabotaged covenant blessings
- He would have never experienced divine reversal

“Bitterness will make you destroy the blessings that come into your life.”

Blessing requires sight.

Bitterness clouds vision.

You can't see:

- Opportunities
- Good people
- New seasons
- Open doors
- Second chances
- Divine restoration
- Fresh favor

“Bitterness is a blessing blocker because blessings require sight.”

Divine reversal is real.

Joseph went from pit → prison → palace.

Mephibosheth went from dropped → hidden → seated at the table.

God specializes in:

- Reversing injustices
- Redeeming wounds
- Restoring dignity
- Elevating broken people
- Honoring those who have been overlooked
- Bringing purpose out of pain

HE NEVER BECAME BITTER.

Nowhere in Scripture do we see:

- Complaining
- Accusation
- Blame
- Anger
- Resentment

He didn't blame the nurse.

He didn't rehearse the wound.

He didn't internalize the injury.

“Mephibosheth got dropped but nowhere in scripture do you see he was bitter.”

He didn't ignore the wound.

But he didn't let the wound define him.

THE NURSE'S COURAGE: THE COVERING YOU DIDN'T SEE

A part people forget:

The nurse risked her LIFE for him.

She:

- Could've left him
- Could've saved only herself
- Could've run without him
- Could've felt the danger and abandoned him

But she didn't.

“She said it was her responsibility.”

There are people who:

- Carried you when it was inconvenient
- Covered you when they were hurting
- Protected you when they didn't have to
- Showed up for you while bleeding themselves

Sometimes **drops happen in the same hands God used to protect you.**

DON'T LET PEOPLE GUILT YOU FOR WHAT THEY DIDN'T DO

“Stop allowing people to make you feel bad because they didn't get everything out of life.”

Meaning:

- Don't feel guilty for surviving what others stayed stuck in
- Don't shrink because someone else never healed
- Don't apologize for thriving after injury
- Don't carry guilt for outgrowing your bloodline's limitations

PMJ said:

“Some people owe you an apology because you did more for them than yourself.”

That is BIBLICAL covering.

WHO DROPPED YOU? AND WHO HAVE YOU DROPPED?

Who dropped you?

- Parent
- Leader
- Pastor
- Partner
- Friend
- Family
- Sibling
- Mentor
- Caregiver

AND

Who have YOU dropped?

Not maliciously.

But:

- Distracted
- Overwhelmed
- Afraid
- Immature
- Unprepared

Healing demands honesty on both ends:

- What was done *to* you
- What was done *by* you

THE MATURITY TEST: ARE YOU BITTER OR HEALED?

A true sign of maturity:

****When you can look at the person who dropped you and admit:**

“They were trying.”**

Not excusing.

Not minimizing.

Just understanding the humanity behind the hurt.

This is where the infection breaks.

This is where healing begins.

This is where bitterness loses its grip.

“Are you going to allow that bitterness to control what God is trying to do in your life next?”

Because:

- A blessing is searching for you
- A door is opening
- A season is shifting
- A healing is aligning
- A promise is approaching

But bitterness blinds you to it.

“This message is the first round of antibiotics.”

Meaning, God is treating the infection so you can receive the blessing.

PUT SCRIPTURE ON IT

BITTERNESS VS HEALING

Hebrews 12:15 (NLT) — The Root of Bitterness

“Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.”

Bitterness is not an emotion — it’s a *root* that spreads, infects, and contaminates. Exactly PMJ’s message.

Ephesians 4:31–32 (NIV) — Release Before Restoration

“Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

God cannot pour new blessings into a bitter heart. Forgiveness cleans the infection.

Ruth — Naomi’s “Call Me Mara” Moment

Ruth 1:20

“Call me Mara,” she said, “because the Almighty has made my life very bitter.” Naomi renamed herself after her pain. But God restored her identity through Ruth showing bitterness is never the end of your story.

WOUNDS, THE DROP & EMOTIONAL INJURY

Psalm 147:3 — God Heals Internal Wounds

“He heals the brokenhearted and binds up their wounds.”

Your wound is real, but God binds what people break.

Joseph (Genesis 37–50) — Dropped by Family

They didn't protect him. They sold him. Lied on him. Imprisoned him.

But Genesis 50:20 gives the revelation:

“You meant evil against me, but God meant it for good...”

What dropped you didn't destroy you. God repurposed it.

IDENTITY & ALIGNMENT

2 Corinthians 5:17 — You’re Not Who Hurt You

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away...”

Bitterness tries to glue you to your old self. God gives identity, not injury.

8. Romans 12:2 — Renewing Your Mind

“Be transformed by the renewing of your mind...”

Bitterness thrives in an unrenewed mind.

James 2:17 — Believe + Become

“Faith by itself, if it is not accompanied by action, is dead.”

You cannot pray one thing and behave another. Alignment is belief + behavior.

John 1:14 — Becoming What You Believe

“And the Word became flesh and dwelt among us...”

God wants the Word to become visible through how you live — not just what you say.

DIVINE VINDICATION & REVERSAL

Exodus 14:14 — “The Lord Will Fight for You.”

“The Lord will fight for you; you need only to be still.”

Vindication is God’s job, not yours. You don’t clap back, He claps back.

12. Isaiah 61:7 — Double for Your Trouble

“Instead of your shame you will receive a double portion...”

God doesn’t just heal injustice — He reverses it with increase.

Job 42:10 — Restored Better Than Before

“After Job prayed for his friends, the Lord restored his fortunes and gave him twice as much as he had before.”

Forgiveness unlocks restoration.

Genesis 39–41 — Joseph’s Divine Reversal

Pit → Potiphar → Prison → Palace

Every stage misunderstood.

Every stage necessary.

“Delays are part of development.”

SIGHT, VISION & SELF-SABOTAGE

15. 2 Corinthians 5:7 — Spiritual Sight

“For we walk by faith, not by sight.”

Bitterness clouds sight. Faith clears it.

Proverbs 4:23 — Guard Your Heart

“Above all else, guard your heart, for everything you do flows from it.”
Bitterness lives in the heart and leaks into everything.

Matthew 6:22–23 — A Clouded Eye = A Clouded Life

“If your eye is unhealthy, your whole body will be full of darkness...”
Bitterness blinds the heart and blocks blessings.

GRACE, RESTORATION & “TOO BLESSED TO BE BITTER”

Psalm 23 — God Restores, Even in the Presence of Enemies

“You prepare a table before me in the presence of my enemies...”
David restored Mephibosheth at a table - prophetic parallel.

Isaiah 43:19 — New Things Are Springing Up

“See, I am doing a new thing... do you not perceive it?”
You can be too bitter to see what God is doing next.

REFLECTION QUESTIONS

1. What moment, memory, or relationship am I still replaying long after the moment has passed—indicating bitterness may still be lingering?
2. Who dropped me, and what was their intention?
3. Where in my life am I blaming the wound, but not acknowledging the infection?
4. What blessing, opportunity, or “David invitation” am I afraid to accept because part of me still feels like I’m in Lodebar?

5. How has bitterness tried to reshape my identity, my voice, or my perception of myself?
6. In what areas am I functioning (crippled) but not flourishing (healed)?
7. Where have I sabotaged love, help, or healthy relationships because I was still trying to “protect” myself from past hurt?
8. Where do I see signs of infection in my thoughts assumptions, overthinking, mistrust, negative self-talk, or expecting hurt even in healthy places?
9. What do I need to release so that I don’t forfeit my next blessing crying over my last pain?
10. What is God trying to make me *become* in this season and what habits, beliefs, or mindsets need to mature to support that version of me?

ACTION STEPS

1. Identify the wound – Write it down

Bitterness hides in silence.
Healing begins with honesty.

Action:

- Name the wound
- Name who dropped you
- Name what it made you feel
- Name what still lingers

This is not for blame — this is for release.

2. Separate the intention from the impact

Ask yourself:

- Did they mean to hurt me?

- Or were they scared, overwhelmed, immature, or unhealed themselves?

This is where bitterness breaks.

Grace enters when intention is understood.

3. Ask God to reveal where the infection is

Pray this:

“Lord, show me where bitterness has settled into my heart, my identity, my voice, or my behavior.”

Then sit in stillness.

Let Him reveal it.

4. Release what you've been rehearsing

Every time you replay the moment, bitterness grows.

Action:

- When the memory rises, speak out loud:

“This memory is growing up with me. It will not stay stuck.”

This is maturity.

This is discipleship.

5. Allow yourself to receive good people

PMJ said some people push away what God sends.

Action:

- Write one area where you resist help
- Then intentionally allow someone in this week (friend, mentor, therapist, God-sent support)

6. Reestablish your boundaries

Bitterness often came from the absence of boundaries.

Action:

- Identify one person or place where boundaries are needed
- Set it with clarity, not chaos
- Protect your peace without shutting down your heart

7. Practice forgiveness as an act not a feeling

Forgiveness is not forgetting.

Forgiveness is freeing yourself.

Action:

- Write a forgiveness statement (not a letter you have to send)
- Release them to God
- Release yourself from bitterness

8. Let go of the victim mentality

You were dropped — but you didn't die.

You were hurt — but you're still here.

You were crippled — but you're still chosen.

Action:

Speak this over yourself daily:

“I am not what happened to me. I am what God is making me.”

9. Step out of Lodebar

Whatever your “hideaway” is — isolation, shutting down, dimming your light, emotional withdrawal — take one step out.

Action:

- Do ONE thing this week that pulls you out of hiding.
- A walk, a call, a prayer, a journal, a conversation, a moment of clarity.

Lodebar is not your home.

10. Position yourself for the blessing that's looking for you

Blessings require sight.
Bitterness blinds.
But healing positions.

Action:

- Start each morning with this prayer:
“Lord, keep my heart clear so I can see what You’re sending.”

FIVE DAY DEVOTIONAL

DAY 1 — “Bitterness Is a Wound, Not My Identity”

Scripture:

“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3 (NIV)

Reflection:

Bitterness is not a personality trait — it’s an untreated injury.
God keeps reminding me that I am not what happened to me.
I am who He predestined me to be.
If bitterness is a wound, then healing is my assignment.

Action Step:

Write down the wound God keeps exposing. Don’t judge it. Don’t minimize it. Just acknowledge it so God can begin binding it.

Prayer:

Lord, show me the wounds I’ve ignored, minimized, or tried to outgrow. Heal me from the inside out and remind me that I am not defined by what hurt me — I am defined by You. Amen.

DAY 2 — “Bitterness Blinds, Healing Opens My Eyes”

Scripture:

“We walk by faith, not by sight.” — 2 Corinthians 5:7 (NKJV)

Reflection:

Bitterness clouds my vision.

Healing helps me see clearly again.

Sometimes the blessing is in front of me, but I can't see it because I keep expecting the next thing to hurt me like the last thing did. God is giving me a do-over, not a repeat.

Action Step:

Identify one area where you've been expecting hurt. Ask God to give you new sight.

Prayer:

Lord, clear my vision. Remove every lens of fear, disappointment, and assumption. Help me see people and opportunities through healed eyes. Amen.

DAY 3 — “Let the Memory Grow Up”**Scripture:**

“When I was a child, I spoke as a child... but when I became a man, I put away childish things.” — 1 Corinthians 13:11 (NKJV)

Reflection:

Some memories stayed the same age I got hurt.

I'm physically grown, but parts of me emotionally stayed in that moment.

Bitterness stunts growth, but healing matures the memory. God is showing me it's time for my heart to catch up to my age.

Action Step:

Choose one old memory and intentionally reframe it with adult understanding, wisdom, and grace.

Prayer:

Lord, let my memories grow with me. Heal the frozen places and let maturity take root. Give me clarity where there was confusion and peace where there was pain. Amen.

DAY 4 — “Release What You’ve Been Rehearsing”

Scripture:

“As a man thinketh in his heart, so is he.” — Proverbs 23:7 (KJV)

Reflection:

Every replay grows the root.

Every replay strengthens the bitterness.

God is telling me: “Stop rehearsing the pain and start rehearsing the healing.”

It’s time to speak life where bitterness used to speak for me.

Action Step:

When the moment resurfaces today, say aloud:

“This memory is maturing. It will not poison me.”

Prayer:

Lord, stop the repeat cycle in my mind. Let Your word soak deeper than the wound. Replace rehearsed pain with rehearsed peace. Amen.

DAY 5 — “I’m Too Blessed to Be Bitter”**Scripture:**

“Forget the former things; do not dwell on the past. See, I am doing a new thing!”
— Isaiah 43:18–19 (NIV)

Reflection:

I refuse to forfeit my next blessing crying over my last pain.

I am stepping out of Lodebar.

I am releasing victimhood.

I am walking into the season God already prepared for me.

Bitterness can’t have my mind, my heart, my voice, or my vision.

I am too blessed to be bitter.

Action Step:

Write a declaration of who you are becoming — not what happened to you.

Prayer:

Lord, thank You for newness. Thank You for restoration. Thank You for the blessing that is looking for me. Keep my heart clean so I can receive everything You’re sending. Amen.

REFLECTION

One major area I can say I still have bitterness in is my relationship with my mother. The moment in the sermon when PMJ started talking about mothers, it really hit me. I've been through so many emotions with that—anger, resentment, disappointment... all of it. As I started working on me, I came to understand that she really did the best she could with the tools she had. But if I'm being honest, I realized I still had bitterness because of the effects it had on my life.

That's one area I am really really trying to work on.

It's hard to move forward when the other person isn't strong enough to heal themselves. So I guess that's where my bitterness has been sitting. And don't even get me started on my past relationships... LORD. This sermon had me in a whole headlock but in a *good* way.

I'm still sitting on this one. This all I got for now. But one thing I know for sure... I am not going to hinder my chances of receiving my blessings because of bitterness. Not anymore. Not this season.