

Title: Judgment and Bitterness Towards the Lord

Greetings all,

More fruit from South Carolina:

1. New document, included below. As always, the web site version includes footnotes that get dropped in the e-mail version.

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Blessings,

Dr. Lehman/Karl

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Judgment and Bitterness Towards the Lord
(New 10/13/2001)

Many of us have judged the Lord, and feel anger/bitterness/resentment towards Him. For example, when I am connected to a certain wounded, angry child place in my heart, I say amazingly judgmental and angry things to the Lord: "You are stupid, negligent, incompetent and uncaring because you did not protect me on the playground, because you did not help me when I was stuck and couldn't figure out how to read, because you let the bad people win and don't take care of the helpless children, because you don't take care of Your creation, etc." As outrageous as it seems, when I am connected to this place I feel like God is a failure and that I am better than He is -- I truly think I could do a better job if he would just let me be in charge. "If He would just let me be God, I could fix these situations that He seems unwilling or unmotivated to take care of." I want to punish him to discharge the energy of my bitterness -- at the very least make Him suffer the pain and fear that His incompetence and negligence caused me to experience. Then I want Him to acknowledge that I am right, to apologize (publicly), to fix the problem and make restitution, and then to promise that it will never happen again. If He can't handle this, I want Him to get out of the way so that somebody else can get the job done right. My experience is that many of us have these outrageous thoughts and feelings, but are often afraid to admit them (even to ourselves). The good news is, God responds with grace, forgiveness, and healing when we bring these outrageous thoughts and feelings to Him (trust me -- no lightning bolts -- just grace, forgiveness, and healing).

Judgment and bitterness towards the Lord are sins, block the healing process, and certainly need to be confessed and released. Initially I thought I would just use the "regular" prayers for bitterness and judgment when dealing with bitterness and judgment towards the Lord.

The “regular” prayer for releasing judgment has not been a problem, but whenever I tried the prayer for releasing bitterness I found that it didn’t feel right to include the usual wording. “*You* have deeply hurt me, Lord” implies that the Lord has wronged me in some way, and “I now choose to release *You* from *Your* sins against me...” definitely says that the Lord has sinned against me. The unique thing about this situation is that we know the “offender” is innocent -- we know that the Lord is perfect, that He has not done anything wrong, that He has not sinned against us. We know that we have been deceived in some way whenever we conclude that the Lord has done something wrong.¹ I tried using the “regular” bitterness prayer with modified words, but found that I often got tangled in the process, especially if I was in an emotionally loaded child ego state when trying to use the prayer -- hence, a sample prayer customized for confessing and releasing judgment and bitterness towards the Lord. I have been blessed through using this simple prayer, and pray that others will also find this sample prayer helpful.

We have seen the Lord come with many interesting and powerful interventions when people confess their judgment and bitterness, and ask Him to come with forgiveness and truth. Some have seen Jesus on the cross, and report “He showed me that when I was being hurt, He was on the cross preparing the way for my healing.” A number of people have had a profound experience of being aware of Jesus in the traumatic memory, superimposed over their bodies, experiencing the trauma with them. The Lord often tells people that He is sorry/sad about the trauma they experienced, but He doesn’t apologize or ask for forgiveness. At the end of a profound Theophostic session, one of our clients reported “He was sad that I suffered so much pain, but He didn’t apologize for my life. He showed me how He used all the bad things in my life to shape me into the jewel He created me to be.” When the person receiving ministry reports that the Lord is apologizing and/or asking for forgiveness, we immediately suspect either a part of the person’s own mind trying to “help,” or demonic spirits trying to deceive.

I usually get very un-dramatic results. Sometimes I will suddenly understand the situation differently, seeing how the Lord did not “wrong” me after all. At other times, no new insight will come, but the judgment and bitterness towards the Lord will quietly leave.

Note that all the comments below refer to using the “custom” sample prayers for releasing bitterness towards the Lord, and to using the “regular” judgment prayers for releasing judgment towards the Lord.

¹Our experience is that when we conclude the Lord has done something wrong, and/or have any kind of negative feelings towards the Lord, there is *always* some old wound and lie distorting our perception of the Lord. Resolving the lies in these old wounds transforms our present *experiential* relationship with the Lord. “God, the Psychotic Cult Leader” on the case studies page of our web site is an example from my own experience. See “Theophostic and Our Relationship with God: Wounds and Lies that Distort our Perception of the Lord ” (forthcoming) for additional discussion and more case study examples.

More than one location: Like “regular” bitterness, vows, and demonic infection, judgment and bitterness towards the Lord can be carried in a number of different locations. A person can carry judgment and bitterness towards the Lord about several different memories and/or issues, and sometimes the person will deal with these different memories and/or issues separately. Judgment and bitterness towards the Lord can also be carried separately by different internal parts. The average person receiving ministry will need to deal with judgment and bitterness towards the Lord in more than one location and on more than one occasion.

When evaluating “whether it worked,” it is important to realize that failure to resolve judgment and bitterness towards the Lord associated with a specific memory or issue, or carried by a specific dissociated part, is different than failure to completely resolve all judgment and bitterness towards the Lord. When checking to see whether the judgment and bitterness are gone it is important to check the *specific target* that has been addressed. Sometimes When the judgment and bitterness associated with a specific memory and/or carried by a specific internal part has been successfully resolved, but the person receiving ministry still carries judgment and bitterness in other locations, the person will experience significant improvement but will have the sense that there is still more judgment and bitterness “somewhere else.” They will say something like “The judgment and bitterness towards the Lord for letting my mother die is gone, but I can feel that there is still judgment and bitterness about...” At other times the person receiving ministry will feel completely free of judgment and bitterness towards the Lord at the end of the session, but then will later discover judgment and bitterness in other locations when these other memories, issues, or internal parts get triggered.

Common problems: There are a number of common problems that can get in the way of releasing judgment and bitterness towards the Lord.

1. Guardian lies: We often find guardian lies hindering the release of judgment and bitterness towards the Lord. For example, “If I admit my anger is wrong, then I will be blamed for everything (just like with my Dad),” “I can’t let go of this, it’s the only card I have to make Him restore all the loses He allowed,” or “I can’t let go of this, it’s the only way I can punish the Lord for what He has done to me.”
2. Vows: Judgment and bitterness towards the Lord can be protected by vows, the most common being “There is no excuse -- I will never forgive Him for letting _____ (my mother die, my father leave, my brother molest me, etc).”
3. Demonic interference: Spirits of judgment and bitterness can be blocking the person and/or internal parts from participating in the prayer.
4. Avoidance of the whole truth: The person receiving ministry needs to truly “see” the wound before they can release judgment and bitterness associated with it. It will hinder release of judgment and bitterness towards the Lord if the person is still avoiding the whole truth about how badly they have been hurt.

- Hiding part of the target memory: The person receiving ministry may be “hiding” (dissociation, denial, repression, avoidance, etc.) some aspect of the target traumatic memories.
 - Hiding connected and/or deeper traumatic memories: The person receiving ministry may be “hiding” (dissociation, denial, repression, avoidance, etc.) connected and/or deeper traumatic memories with the same theme. See “Incomplete Resolution, Deeper Wounds...” (forthcoming) on the “Case Studies” page for a case study example of this principle.
5. Internal parts choosing to not cooperate: For complete resolution of the judgment and bitterness associated with a given memory or issue, any internal parts carrying the judgment and bitterness associated with the target memory or issue must be present, stay connected, and participate in the prayer. If these parts are not ready and/or able² to participate in the prayer, the prayer will not be effective in resolving whatever portion of the judgment and bitterness that they are carrying (kind of like racing the engine with the gear shift in neutral – the engine spins but it is not connected to the wheels).

In some situations, 1) the person’s adult core self chooses to confess and release judgment and bitterness, 2) there is an internal part carrying some portion of the judgment and bitterness regarding the memory/issue in question, 3) this internal part, with its judgment and bitterness, has been present and connected, 4) the internal part disconnects during the prayer, and 5) it then returns as soon as the prayer is finished.

When this happens, the person usually perceives immediate but *partial* release of her judgment towards that particular target. “It’s less intense, but it feels like half of the judgment and bitterness is still here.” If the person is experienced with internal parts phenomena, she will usually quickly realize that the remaining judgment and bitterness is being carried by an internal part and that the internal part did not participate in the prayer.

It is ideal to identify and resolve these problems before going through the prayers and commands to address judgment and bitterness towards the Lord. Ask the person receiving ministry if she is sure she is ready to release judgment and bitterness towards the Lord, and then check for any uncertainty or lack of internal unity. This usually picks up guardian lies, and often picks up dissenting internal parts. It is necessary to resolve guardian lies carried by the

²The same problems that can prevent the adult person from releasing judgment and bitterness towards the Lord can also cause internal parts to be unwilling and/or unable to participate (guardian lies, traumatic memories and emotions not fully connected, related memories not addressed, vows, spiritual opposition).

adult core self before going through the prayer. If possible, it is best to care for dissenting internal parts before going through the prayer. If there are dissenting internal parts that seem to have an endless tangle of guardian lies and/or demonic infection, I will sometimes go through the prayer with the adult core self and any internal parts that are ready. This usually produces some benefit, and can clear the way for the next step forward.

Guardian lies, dissenting internal parts, and spiritual opposition will sometimes surface during the prayers. I usually go through the prayer the first time without special measures. If the judgment and bitterness don't resolve, ask the person if she was aware of any dissenting, angry, or opposing thoughts. If she has difficulty answering this question, you can go through the prayer again and ask the person to observe for any dissenting, angry, or opposing thoughts as she goes through the prayer. Address any problems that surface, and then go through the prayer again.

If it doesn't work: Our experience is that it is still common to miss something, especially quiet vows and deeper traumatic memories that are carefully protected. It is easy to tell when you miss something because the judgment and bitterness towards the Lord will still be there when the person is done with the prayer. When this happens you can assume with a fairly high degree of confidence that one or more of the common problems just discussed is blocking the way. Return to the sample prayers and commands when the blocking problems have been addressed. The Lord will always free a person from judgment and bitterness when the relevant traumatic memories are fully connected and all interference has been resolved.

Be especially thorough the first time through: The first time someone deals with judgment and bitterness towards the Lord, we encourage including all the optional sample prayers and commands. We also look for generational patterns, and go through the prayer for generational sins, strongholds, spirits, and curses if there are others in the family tree with judgment and bitterness towards the Lord.

Sample Prayer for Releasing Bitterness Towards the Lord

Never assume the person is ready to release judgment and bitterness towards the Lord. Always ask “Are you sure you are ready to release your judgment and bitterness towards the Lord?” If there is any sense of uncertainty or lack of internal unity, look for guardian lies, vows, and internal dissociated parts that are not ready to release the judgment and bitterness.

“Lord, I was deeply hurt when _____ (describe the specifics, for example: “my mother died of cancer,” “my father abandoned us,” “my brother molested me”), and it *feels* like You have wronged me by _____ (examples: “not being with me in a way that I could perceive/receive,” “allowing these things to happen,” “not rescuing me”). I know this is deception, but it feels so true. I confess that I am angry/bitter/resentful towards you for _____ (examples: “not being with me in a way that I could perceive/receive,” “allowing these things to happen, etc.”)

“I don’t want this bitterness towards you to hinder my relationship with You or my healing. I want to be free, but I cannot free myself. Unless You release me I will never be free.

“I confess this bitterness towards You as sin. I ask Your forgiveness for this bitterness towards You. I repent of this bitterness towards You. In Your name, I now renounce this and bitterness towards You.

“Lord Jesus, I ask now that you would wash me with your blood, cleansing me and freeing me from all bitterness towards You.”

Go back to the memories being addressed and seek to stir up the bitterness towards the Lord. Realize how helpless you are to free yourself. Look for Jesus’ presence, listen for His voice, try to sense His presence. Watch, follow, listen to whatever he does/says. After a few moments, try to find the bitterness. It will usually be gone.

If the bitterness towards the Lord is not gone after going through this prayer, review the common problems discussed above. Return to the sample prayer when the blocking problems have been addressed. The Lord will always remove bitterness when the relevant traumatic memories are fully connected and all hindrances have been resolved.

If you feel lead to do so, you can tear down spiritual strongholds (2 Cor. 10), deal with demonic spirits, and break curses:

“In the name of our Lord, Jesus Christ, I command that all strongholds of bitterness towards the Lord be torn down in my mind, body, and spirit.”

“In the name of Jesus I now command all demonic spirits of bitterness towards the Lord to go immediately and directly to the feet of the true Lord Jesus Christ. You will go bound. You will not touch or harm anything or anyone on the way. You will never return and you will never send anything in your place. He will deal with you as He sees fit.”

“In the name of our Lord, Jesus Christ, I/we command that all curses in any way connected to or associated with my bitterness towards the Lord be broken, nullified, and rendered powerless in my life.”