

**Bitter Made Sweet**

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## **1) Anger**

**Anger is a response to a hurt or an offence. Anger, as such, is not sinful. It becomes sinful when it is destructive.**

**Sinful anger can be expressed either externally or internally, i.e. by *ventilation* or by *internalization***

***'Be angry, and do not sin; do not let the sun go down on your wrath, nor give place to the devil'***  
**(Eph.4:26-27)**

## 2) Resentment

The NT Greek uses different words to distinguish different kinds of anger

The word *orgizo* means to provoke or arouse to anger, including justifiable anger. This is the word that is used of both God and Jesus being angry.

But it can easily degenerate into another form of anger, *parorgismos*, which is a settled, continuous state of anger.

This is resentment

**Both these words are used in Eph.4:26**

***'Be angry (orgizo), and do not sin; do not let the sun go down on your wrath (parorgismos)'***

**The word 'resentment' is from a Latin word *satire*, meaning to feel**

***Resentment, then, means to feel again and again***

**To resent is to nurse a grudge**

***'Herodias held it against John'***  
**(Mk.6:19)**

**The word Mark uses to describe her  
resentment in this case is *enecho*; it  
means to be enraged with, to set  
oneself against, to have it in for  
someone**

**The NIV says she  
*'nursed a grudge against John'***



### 3) Bitterness

Whilst resentment is anger which is cherished or nursed, bitterness is anger which has reached a level that it overflows and even infects others

*'...whose mouth is full of cursing and bitterness'*  
(Rom.3:14)

*'...look diligently lest any root of bitterness springing up cause trouble, and by this many become defiled'*  
(Heb.12:15)

**\*The first mention of bitterness in the Bible is in Ex.15:22-27**

**\*The 3-day journey into the wilderness - great anticipation**

**\*Then they came to Marah. Great expectation turned to great disappointment**

**\*Their bitterness showed in the overflow from their mouths. *'And the people complained against Moses, saying, "What shall we drink?"'* (Ex.15:24)**

**\**'So he cried out to the LORD, and the LORD showed him a tree. When he cast it into the waters, the waters were made sweet'* (Ex.15:25)**

**\*Note two things: the tree (the cross) and the waters (the Spirit)**

## **Forgiveness is the antidote to bitterness**

***'Let all bitterness, wrath, anger,  
clamor, and evil speaking be put away  
from you, with all malice. And be kind  
to one another, tenderhearted,  
forgiving one another, even as God in  
Christ forgave you'***

**(Eph.4:31-32)**

**God revealed Himself at Marah as Jehovah  
Rapha, 'I the LORD, am your healer'**

**The word for 'healer' means to mend, to  
repair, to restore, to heal, to make whole**

**It has the idea of repairing as being  
reconstructed and to cure as a diseased  
person is restored to health**

**Healing is wholeness physically, morally and  
spiritually**

**This is found in the tree, the cross**