

Exchange from Bitter to **Better**

Hebrews 12:11-15. 11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. 12 Wherefore lift up the hands which hang down, and the feeble knees; 13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. 14 Follow peace with all men, and holiness, without which no man shall see the Lord: 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.

For a brimful of sweet water cannot spill even ONE drop of bitter water, however suddenly jolted- Amy Carmichael

Two words in the English language are spelled the same, except for one letter. The word bitter is spelled with an “I”, and the word better of course with an “E”. The above passage speaks of how the discipline from Jesus will create change that ultimately has one prime motivation; that motivation is for us, not matter the things that have taken place, despite painful issue perpetrated upon us through life, that we will become better, not bitter. Hurts from our distant or recent past can create root perspectives that will cause reactionary methodologies that we may not even be aware of. We may say, do and act based on how others have hurt us in the past. We may treat others who are completely innocent to the situation harshly while never even realizing where hurtful conduct stems from. It is said that “Hurting People Hurt People.” I would like to suggest that the statement cannot be the end all the story. The culminating declaration must be that “*Hurting People Heal!*” This takes place through open realization to the root problem, and discipline to choose to become healed, or BETTER.

The “root” indicates deep and systemic growth that manifest from past hurts, which have now become a way of life and takes first place with processing situations. Weeds grow more weeds because of its rooted system. *Does a spring of water bubble out with both fresh water and bitter water (James 3:11 NLT)?* We all have experienced things in our lives that can make us bitter. Bitterness is filled with the “I-isms” of life. *I was hurt, I was abused, I was mistreated, I was abandoned, I was raised in a single home, I was lied to, I was lied about, I I I I I!!!!*

This descriptive pronoun creates systems of bitterness that will not only hurt us, but according to scripture, will taint many people who we interface with.

The framework of discipline is and should always be to simply and only help one to get BETTER; to remove the “I-isms” which keep us clouded in the past. This development will release the healing balm of Jesus, which brings forth systemic “sweet water” change for everyone (John 4:10).

The exchange of the pronoun “I” to varied adjectives of “E” take us from living a **BITTER** life to experiencing and sharing a life of being healed or **BETTER**. When we exchange the I for the E, we become **EMPHATIC** with the situations of others. We become more **EDUCATED**, understanding that others have been hurt as well. We are now **EFFICIENTLY ENABLED** to see that we are agents of healing not of hurt. We become **ENERGETICALLY** and **EAGER** to share this miraculous discipline and change with others. We are **ENGAGED**, and **EAGER** to **ENJOY** life to the fullest. We **EFFECTIVELY**, and **EFFICIENTLY**, **EVOLVE** to be all that Jesus created us to be! With **ELEGANCE**, and **ELATION**, we **ENCOURAGE** others to live with **ENDURANCE**, **EQUALITY**, and **EXCELLENCE** as we are learning to do the same. With **EXCITEMENT**, **EXPERIENCE**, **EXPERTISE**, and **ENLIGHTENMENT**

we can let our lights shine in a world full of bitterness and darkness. We are EMPOWERED, and are EMPOWERING others to find ETERNAL, EXPANSIVE, ENTHUSIASTIC, EXURBERANT, ETERNAL EXPECTANCY that only Jesus can deliver to us. We become ECSTATICALLY ELATED that now, we are no longer BITTER, but that through the healing power of Jesus, we are BETTER!!!!

It is our ENCOURAGEMENT this week and beyond that you take the EXPERIENCES of your life and become BETTER, NOT BITTER.