

My Life Is Ruined! Now What?

What Makes Us Bitter

[Naomi said to her daughters-in-law] *for it is much more bitter for me than for you, because the hand of the Lord has come out against me ... Do not call me Naomi [pleasant]. Call me Mara [bitter]. For the Almighty has dealt very bitterly with me.*
Ruth 1:13 & 20-21

For those of you who follow this ministry, you know that I approach restoration by first exploring the heart belief system. This system is stored within the physical heart. What we believe at the heart level determines the course of our life (Proverbs 4:23).

When we believe *within our hearts* that our lives are ruined because someone or some circumstance has ruined it, we will believe that there is no hope and sink into a kind of hopeless despair that I think is best understood as bitterness.

At its most basic, bitter in the biblical sense means to be poisoned. Now, see if this makes sense to you. When you believe that your life is ruined AND that God is either ok with that or caused it, don't you think that you will feel like your life is poisoned? Look at Naomi in the book of Ruth. She lost her husband and both sons. She was in a strange land away from any other family because of a famine. She is too old to have more children, thus not a good candidate for marriage in a culture that married for the express purpose of having a family. She tells her daughters-in-law that she was once full. She had hope and a future, but after the bad things happened, she viewed her life differently. She said she was empty (Ruth 1:21). Then, she blames the Lord for her loss.

Were you taught from the pulpit about bitterness? I was. I was taught to avoid it, but I was never taught what bitterness was or *how* to avoid it. The Lord had to explain it to me. Here is how He taught me. I was lying awake in my bed, my husband was working the night shift, when the Lord spoke to me, seemingly out of nowhere. He said that I believed that my father had ruined my life. I sat straight up and snarled, "He did ruin my life and You let him do it."

Now, please understand that I had no idea that I believed this. Because it was so painful, I had hidden what I really believed about my life deep within my heart.

For the inward thought and the heart of a person are deep. Psalm 64:6

Now, let's take a quick look at Adam. He had blown it big time. He had chosen his wife over God and now he hated her and himself. He had lost it all.

The man said [to God], "The woman whom You gave to be with me, she gave me some of the fruit of the tree, and I ate." Genesis 3:12

Notice how he blames God and the woman. The woman had ruined his life! And God let her do it! We won't get into taking responsibility for one's own actions here. Instead, I want to emphasize that when you believe that someone (that someone can be you) or some circumstance has ruined your life, you have nowhere to go. There is no up or out when you believe in your heart that "my life is ruined."

So, what do we do? Here is what the Lord showed me that evening while I lay in my bed. He said that He had not given anyone or any circumstances the power to ruin my life. What was ruining my life was this: I BELIEVED that it was ruined. It was my heart belief that was determining the course of my life.

Do you have bitterness stored away in your heart? Do you believe that someone or some event has ruined your life? Here are some steps that will help you recognize what you have hidden within your heart and help you gain freedom from bitterness.

Steps to Freedom from Bitterness

1. Ask the Lord to reveal any bitterness that is hidden in your heart. Then ask your heart this question. Do I believe that my life is ruined? Look and listen. Memories may surface. Or you may just know. If you have difficulty hearing from your heart, break the blocking vows. Look for the article in Free Resources titled *Blocking Vows*.
2. Present what you believe to the Lord. Tell Him how you feel and why.

3. Then break the vows you made to never forget that your life is ruined because of your circumstances, or because of what God did or didn't do, or because of what The Man or The Woman did or didn't do, or because of what you did or didn't do. Like this: *I break the vows I took to never forget that I cannot recover or have a good life because my life is ruined.*
4. Break the vow to never forget that God allowed the bad thing to happen.
5. Send all attached evil spirits to the feet of Jesus. Like this: *I break the assignment of any attached evil spirits. I reassign them to be taken to the feet of Jesus. Angels. Take them there now.*
6. Bring all debts to the cross for payment. Include any bitterness and unforgiveness toward the Lord. Release those that sinned against you. See the article in Free Resources titled *Somebody Help Me Forgive.*
7. Ask the Lord if your life is ruined. Ask Him to prove to you that you can recover and have a meaningful life.
8. Instruct your heart to stop believing that your life is ruined and to start believing the truth that the Lord reveals to you. Like this: *Heart. You will no longer believe that my life is ruined. You will believe that bad things happen because of the fall. You will allow the Lord to prove to me that I can recover and have a meaningful life.*
9. Ask the Lord to destroy all wrong ways of thinking about your life and your future. Ask Him to build into you new ways of thinking.
10. Repeat until hope springs up suddenly instead of bitterness.

See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled

HEBREWS 12:15

God bless you!

Susan