

“Bitter Busters”

Choosing Forgiveness Resource Guide

Based on . . .

*How Choosing Forgiveness Can Set You Free From
Becoming Bitter Against Family, Friends, Career, Church and God*



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*How Choosing Forgiveness Can Set You Free From
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*Eleven Transforming Ways You Can Forgive And Cancel The Debt
And Live In Freedom*

Dr. Denny Bates

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SOMETHING *new*



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ISBN-Ebook

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Bitter Busters: Choosing Forgiveness Sample

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*There are far, far better things ahead than
any we leave behind. ~ C.S. Lewis*

*You know it's going to be a really good day when you
realize GIVING GRACE and forgiving others is only
possible because you've been GIVEN GRACE and have
been forGIVEN too.*

#ReallyGoodDay4U

*Make allowance for each other's faults, and forgive
anyone who offends you. Remember, the Lord forgave you, so
you must forgive others.*

Colossians 3:13 (NLT)

*"Then Peter came to him and asked, "Lord, how often
should I forgive someone who sins against me? Seven times?"*

*"No, not seven times," Jesus replied, "but seventy times
seven!" Matthew 18:21-22 (NLT)*

A Bitter Buster is . . .

a *decisive decision*

to *appropriate*

the *dynamic power*

of *love* and *forgiveness*

when the *natural urge* is to become bitter.

*Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven! "Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn't pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt. "But the man fell down before his master and begged him, 'Please, be patient with me, and I will pay it all.' Then his master was filled with pity for him, and he released him and forgave his debt. "But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. A denarius was equivalent to a laborer's full day's wage. He grabbed him by the throat and demanded instant payment. "His fellow servant fell down before him and begged for a little more time. 'Be patient with me, and I will pay it,' he pleaded. But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full. "When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' Then the angry king sent the man to prison to be tortured until he had paid his entire debt. "That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.'" **Matthew 18:21-35 (NLT)***

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Dedication

It has been my pleasure over the course of my lifetime to know many incredible people who have shown me a side of life that has made me personally much richer. I've been given the honor of being invited into the lives of two people where I've seen for myself incredible strength and courage in the face of impossible life circumstances. I call them trophies of grace, because they are. It was Ernest Hemingway who claimed that "Courage is grace under pressure." If you knew their full stories, you would be a witness that instead of letting fear consume them, God gave both of them the gift of His courage.

I am dedicating this book to these two individuals who are some of the most courageous people I know. Both of them have experienced grace under pressure. And because of grace, they have become masters of forgiveness by using Bitter Busters. In a variety of ways, personal adversity came rushing towards them with a vicious agenda with the goal of, at best, making them irrelevant, at worst, devastated beyond repair. But not with these two. They are women of great faith and courage.

Who are these amazing individuals? One of them is my sister, of my own flesh and blood as well as my spiritual sister too. Tamara Bates Rhodes has a deep devotion to her family, to prayer, and to God's Word. She inspires me to become an even better version of myself. Her greatest gift to me is her devoted love. When it seemed like everything in my life years ago was falling apart, she was my safe harbor. Tamara has proven to be one of my greatest champions and personal protector of me.

The second amazing individual I want to dedicate this book to has become a recent friend to me. Our paths crossed when I was in desperate need of encouragement personally, professionally, and

spiritually. She is one of the kindest people I know and has a deep and growing hunger for the Word. I have found few who are greater servants than Leigh Ann Evans Wheeler, my cherished friend and sister in the Lord. She came into my life with laser-like focus. It was her constant encouragement that finally gave birth to Something New Ministries and The Quality Disciple. It had been in my heart and mind for years to make it a reality. I was just about ready to give up and throw in the towel to my dream of ministry. Then, there was a shift. Leigh Ann not only said outloud what was in my heart but gave her support as well.

With gratitude, I dedicate Bitter Busters to you, Tamara and Leigh Ann. Both of you have made me much sharper and I am forever grateful.

Dr. Denny Bates

April 2021

'As iron sharpens iron, so a friend sharpens a friend.'
Proverbs 27:17 (NLT)

“To get the full value of joy you must have
someone to divide it with.”
~ Mark Twain ~

Acknowledgements

My books are so much better because of those who willingly volunteer their time to read through the sample proof and make sure, first and foremost, that the contents speak to the heart first and then to the mind. They are also people of good grammar and watch out for those pesky typos that get by me, but not them. I am grateful to Leigh Ann Wheeler, Bryan Braddock, Amy Watts, Reeves Cannon*, Dick Brown, Tamara Rhodes, Lisa Ray, Traci McCombs, Amy Clark, Ron Lyles, Wick Jackson, Patty Smith, Leslie Rutten, Laura Harris, Sandy Richardson, Carol Mabe, Kirby King, Kimberly Eaker, Kim Lanier, Marlo Brayboy, and Jessica Hayes.

*Special Mention: Reeves Cannon, the gifted clinician who wrote my foreword, has been my sounding board over the years for keeping me sound as I experienced every opportunity to use a Bitter Buster. He not only heard my heart, but he gave me the grace to write the kind of book that will be a benefit to everyone who wants to become a master of forgiveness.

'Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.'

Philippians 1:3-6 (NLT)

Preface

The idea for this book began in 2015, but in reality, I've been gathering content for Bitter Busters for most of my adult life. And it's been true with me, and perhaps true with you too, that I've been given an endless supply of life circumstances that have pulled and seduced me to the edge of the abyss of the dark side of bitterness. And yet, by the mercy and grace of God, He has always provided a way of escape.

For years I've struggled with this significant question: "Lord when will I have enough life experiences to write and then publish a book about bitterness? When will it be the right time? I want to write it from a position of strength and not weakness." Then, this dawned on me:

'Three different times I begged the Lord to take it away. Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.' **2 Corinthians 12:8-10 (NLT)**

That settled it for me! In humility before the Lord and before you, I am writing on a painful and complicated topic. Not every relationship at the time of this writing is restored, though I wish it were. Honestly, there are some occasions where a painful memory of a previous hurt rises up reminding me, once again, that the Christian experience and Biblical forgiveness is a process. I assure you I am no authority on bitterness. But I do have a story to tell. I do have a good

grasp on the biblical antidote for bitterness, a lethal cancer of the soul. And I am convinced that in spite of my “thorn in the flesh,” God has graciously used my weakness and will use it to be a blessing to you. In reality, for all those who are broken and weak, we are trophies of His grace.

Foreword

It is often said that the top three causes of divorce are due to sexual infidelity, financial disagreements and in-law issues. While these topics are certainly the cause of much strife in marriage, I have often said, it is not these issues that cause divorce, but it is the inability for the couple to *communicate* about these issues—and others like these—that result in divorce. Now you may be saying, “wait, I thought this book was about removing bitterness from my life, not divorce?” It is. Keep reading. You did not pick up the wrong book, but the principle rooted in my statement above has profound implications for us, the reader of *Bitter Busters*.

You see, just as sex, money and in-laws aren’t the real reason people get divorced, family, friends, career, church and God are not the reason we struggle with bitterness. Certainly, all of those areas can be a breeding ground for bitterness. The real issue is not that I have had challenges in one or more of the five areas, but the struggle with bitterness comes from the fact that I have not sought to forgive myself and others for the hurt I experience in those five areas. It is said, *to forgive someone is to set a prisoner free and to discover that the prisoner set free is you*. That is a powerful statement, and a true one. I believe the truth from Ephesians 4:31-32 mirrors that succinct statement. Ephesians 4:31-32 states,

³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (NIV)

I hope you caught what is being taught in those two profound verses. First, we, as believers, are being instructed to get rid of bitterness. That is no small task! In fact, it is a monumental one, but God never calls us to something He cannot do in us, so we must persevere. Once we get over the emotional, mental and spiritual hurdle of accepting that bitterness has no place in our life, we must ask the same question the text asks, “How?” Verse thirty-two provides that answer. The pathway out of bitterness, rage, anger, brawling and slander is *forgiveness*. We are to look at the kindness and forgiveness of God extended to us through the Person and work of Jesus, and we are to apply the forgiveness we received through Christ to others. WOAH! Talk about a BIG ASK, but remember God never calls us to do something He cannot do in us, and He never calls us to do something He Himself has not already done. He has offered you forgiveness of your sins through Jesus. Who are you to not replicate that offer of forgiveness to others since you have partaken in Christ’s offering of Himself?

The book you are holding in your hand is a gold mine of biblical truth and real life that merges together to provide you insights on how to be set free from the people, organizations and choices that entangle us so greatly. I have had the immense privilege to be mentored and disciplined by Denny. In doing so, I have had a front row seat to watch how he has lived out what he writes in this book. Denny has made intentional decisions to do what he is teaching all of us to do: to make

a **decisive decision**
to **appropriate**
the **dynamic power**
of **love** and **forgiveness**

when the **natural urge** is to become bitter.

I cannot commend more highly the teaching and insight you will find in this book as you, in practical ways, flesh out the life-giving truths of *Bitter Busters*.

As you begin this journey of freedom, I want to put forward three promises I often share with my clients when discussing forgiveness. You see, I believe, that these three promises, when adopted by you, will provide you the freedom for which you are longing. Be careful to apply these promises in the areas of this book—family, friends, career, church and God. They are not easy to apply, but they are life-giving when you, through the power of the Holy Spirit, live out these promises. Commit to applying these three promises in your life.

I promise to not bring up this offense again or use it against you.

I promise to not bring it up to others in gossip, or malign you because of it.

I promise to not bring it up to myself and dwell on this offense.

The truths you will read in this book will give you the tools you need to commit to making these promises a reality. Good for you for picking it up and doing the hard work! I pray for each of you as you journey towards busting bitterness out of your heart and mind.

Reeves Cannon, LPC, BCPCC

Before we continue . . .

Listen carefully to what I say: my failure and your failure to apply a Bitter Buster perfectly does not negate the truth of the principles I have shared with you about how to live in freedom by forgiving. If you commit to using a Bitter Buster, the chances are you will find many successes in your life's journey.

Because I am a Christ-follower I am a life-long advocate of the grace of God. His grace does things I cannot do on my own . . . like choosing forgiveness, cancelling the debt, and being set free.

¹²I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. ¹³No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. **Philippians 3:12-14 (NLT)**

I have chosen to keep on pressing on. I hope you will too.

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Welcome to the journey. May we be free, free indeed!

‘Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.” John 8:31-32 (NLT)

Your journey to freedom begins on the next page . . .

PART ONE: Prelude

“The Overwhelming Sting Rejection Has Upon People”

How To Recover From Rejection

What Is A Bitter Buster?

Planned Obsolescence

“How to Recover From REJECTION”

REJECTION. It happens far too many times, especially when it happens to you. It can be painful and shameful.

REJECTION happens . . .

- To kids, from playmates who call hurting others a sport
- Between boyfriends and girlfriends where one wants to go in another direction
- Between husbands and wives where one decides marriage is not based upon vows but upon personal convenience
- At the jobsite where promotions are given to others while demotions find their way to you

And if it gets really bad, people can even fall into self-REJECTION as they spiral into a very dark place in the soul.

REJECTION is not fair and it does not take prisoners. It kills.

REJECTION kills . . .

- Self esteem and leads to discouragement
- Self worth and leads to devaluation
- Self confidence and leads to depression

Strange, it may seem. If you have suffered from the pain of REJECTION, you are not alone. Joseph was REJECTED. Job was

REJECTED, and even Jesus was REJECTED. And yes, REJECTION has become a part of the story line of my life too. For me, I can ignore what I am feeling and what I am learning OR I can leverage my experiences in such a way that can encourage others who are suffering from REJECTION.

REJECTION. It hurts. It can paralyze. It is never easy to overcome. But you can, if you are willing to make some difficult decisions. Is there a way to blunt the pain and shame of being REJECTED and even move towards a greater path towards healing?

I believe there is, and we can unpack its secrets by learning how to recover from REJECTION by taking three specific action steps.

Three Action Steps That Will Help You Recover From REJECTION:

1. Get Bold Grace

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. **Hebrews 4:16 (NLT)**

2. Get God's Perspective

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. **Romans 8:28 (NLT)**

3. Get On The Right Path

Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. **Proverbs 3:5-6 (NLT)**

Get bold grace. Get God's perspective. Get on the right path. If you embrace these great truths and do these three action steps you will be well on the way to recovering from rejection.

What is a “Bitter Buster?”

It is a *decisive decision*
to *appropriate*
the *dynamic power*
of *love* and *forgiveness*
when the *natural urge* is to become bitter.

What is the composite of a Bitter Buster? What are its elements?

This is The Key: “And The Lord Was With Joseph”

“And The Lord” places the focus on where the mind and heart needs to be. Not “and his brothers nor his father,” nor “his employer or cell mates,” nor his own wisdom and strength.

Joseph’s Bitter Buster was the very presence of God, “And The Lord was With Joseph.” And it was personal, “He was with him.”

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. **Psalm 16:11 (ESV)**

Because the Lord was with him, he was able to appropriate everything he needed, every time from the Lord.

- He had every “right” to become bitter against his father for making him the favorite son
- He had every “right” to become bitter against his brothers for ruining his life and selling him as a slave
- He had every “right” to become bitter against his employer for not protecting him from his wife’s false accusations
- He had every “right” to become bitter against Potiphar’s wife for lying about his character
- He had every “right” to become bitter against his cell mates who forgot about him
- He had every “right” to become bitter against God for allowing all of the bad things happen to him

Just because you have the “right” to become bitter does not make it right. Using a Bitter Buster when your circumstances are *not* right is the right time to use it.

So, here it is again. Read it. Meditate on it. Apply it.

Make a *decisive decision*
to *appropriate*
the *dynamic power*
of *love* and *forgiveness*
when the *natural urge* is to become bitter.

Planned Obsolescence

Joseph was rejected. So was Job. Even Jesus too. And maybe you feel you've been rejected too by family, friends, your career, your church, and maybe it feels at times God has rejected you too.

Years ago, appliances were designed to last a long time IF they were given the proper maintenance. Put a few drops of oil in your box fan and it would be good to go for another year or two. Now, everything has planned obsolescence written all over it. It is designed not to last, but to be replaced (and the sooner, the better, if you are the manufacturer).

Unfortunately, this way of doing things has found its way into modern relationships. In today's vernacular, "*Use them, then lose them*" has become an all too familiar way of many relationships; and sadly, even those who are Christians.

For those who have experienced the pain of Planned Obsolescence you are all too well acquainted with these feeling of rejection:

- ❖ Embarrassment
- ❖ Shame
- ❖ Loss of self esteem
- ❖ Confusion
- ❖ Sorrow

How do you recapture the high ground when you've been rejected?

- ❖ Believe what is true about you, what Jesus says about you.
- ❖ Believe that He's got the whole world in His hands, including you.
- ❖ Remember that disappointment can become God's appointment for you
- ❖ Like Joseph, remember that the Lord was with Joseph and He is with you too.
- ❖ Remember that what was meant for evil God meant it for good.

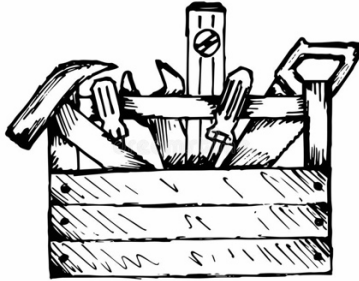
And here is the payoff: If you have been on the receiving end of Planned Obsolescence, it may be your temporary cross to bear. For personal encouragement you have to look no further than the example of Jesus. And look what He did. He was willing to face the short-term acute pain of rejection and pushed through the cross because He knew that on the other side of rejection it was well worth the cost.

¹Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ²We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. ³Think of all the hostility he endured from sinful people; then you won't become weary and give up. **Hebrews 12:1-3 (NLT)**

Remember, you may have been rejected, but in no way are you a reject.

Make a *decisive decision*
to *appropriate*
the *dynamic power*
of *love* and *forgiveness*
when the *natural urge* is to become bitter.

Welcome To Your Bitter Busters Forgiveness Toolbox



This toolbox is filled with a wide selection of Bitter Busters. Each one comes with complete instructions on how to best use each tool. The best tool is the one that is used. Be intentional and use them on a regular basis.

- ❖ The Tool (The Scripture—all references are from the NLT)
- ❖ The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

The Tool (The Scripture)

'and forgive us our sins, as we have forgiven those who sin against us.'
Matthew 6:12

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

Since God has forgiven you, use this Bitter Buster and forgive the person who has sinned against you. Read through this Scripture. Pray it aloud and personalize it. “Lord, you have forgiven me of my sins. Please fill my heart with love and grace as I use this Bitter Buster on (insert their name here). I choose to forgive them.”

The Tool (The Scripture)

"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins." Matthew 6:14-15

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

All of us are sinners, saved by His grace. Knowing how much He has forgiven you, how much more should you forgive others who have offended you? Meditate for a few moments of what it feels like to be forgiven by the Lord. Then, meditate on how it will make you feel when you choose to use this Bitter Buster.

The Tool (The Scripture)

"Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven! "Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn't pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt. "But the man fell down before his master and begged him, 'Please, be patient with me, and I will pay it all.' Then his master was filled with pity for him, and he released him and forgave his debt. "But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. A denarius was equivalent to a laborer's full day's wage. He grabbed him by the throat and demanded instant payment. "His fellow servant fell down before him and begged for a little more time. 'Be patient with me, and I will pay it,' he pleaded. But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full. "When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' Then the angry king sent the man to prison to be tortured until he had paid his entire debt. "That's what my heavenly Father will do to

you if you refuse to forgive your brothers and sisters from your heart.”
Matthew 18:21-35

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

I know. It’s tempting to “keep score” when it comes to forgiveness. You may think that if you forgive one time then you have the relational advantage. But this Bitter Buster has a shelf life of more than a one-time use. In fact, Jesus said you need to forgive, literally, all the time, every time. When you come to the end of your wits, remember it’s a great time to keep on cancelling their debt and forgive them again.

The Tool (The Scripture)

‘I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours. But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. (*Some manuscripts add verse 26, But if you refuse to forgive, your Father in heaven will not forgive your sins.*’)” Mark 11:24-25

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

Everyone wants their prayers to be answered, including yours too. When you pray big prayers to an even bigger God, you expect to have big results. And you can expect to have a thriving prayer life IF your horizontal relationships are clean. Before you pray, it’s critical that you do a spiritual check up with this Bitter Buster.

The Tool (The Scripture)

“Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven.” Luke 6:37

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

When you are wounded you may be tempted to retaliate and become the judge and jury too. Especially when you believe you have earned “the right” to judge and condemn them. Be careful. It’s a trap. You always sow what you reap, so sow this Bitter Buster of forgiveness and allow the Lord to set you free from assuming the role of judge and jury.

The Tool (The Scripture)

'So watch yourselves! "If another believer sins, rebuke that person; then if there is repentance, forgive. Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive.'" Luke 17:3-4

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

One of the greatest gifts you can give to the person who "messes up" is a second chance, and according to this Bitter Buster, another chance again. If they mess up, repent and ask forgiveness from you, you must forgive. Even still, even if they do not repent and seek forgiveness, you still must forgive, "seven times a day." To make the best use of this Bitter Buster, you can't overanalyze it or negotiate the terms with the Lord. You must forgive.

The Tool (The Scripture)

'Jesus said, "Father, forgive them, for they don't know what they are doing." And the soldiers gambled for his clothes by throwing dice.' Luke 23:34

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

There are sometimes when others hurt you where they may not fully understand the ultimate ramifications of the pain they are causing. Out of their own ignorance or callousness of heart, you have been wounded. But as painful as it is, the ultimate gift of grace God gives you is the kind of Bitter Buster that does not excuse what they have done to you, but it does give you the ability to completely trust God with your life.

The Tool (The Scripture)

'As they stoned him, Stephen prayed, "Lord Jesus, receive my spirit." He fell to his knees, shouting, "Lord, don't charge them with this sin!" And with that, he died.' Acts of the Apostles 7:59-60

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

Some Bitter Busters you have to use, even if it kills you. Can you imagine for a moment where you were doing all of right things and saying all of the right things but those who are “religious” people wanted to destroy you? Feel the misunderstanding? Feel the treacherous words? Feel the stones that are violently thrown at you with the intent to silence and kill you? This is one of the most challenging Bitter Busters to use. God’s amazing grace will fully equip you if you have to use this one.

The Tool (The Scripture)

'When people work, their wages are not a gift, but something they have earned. But people are counted as righteous, not because of their work, but because of their faith in God who forgives sinners. David also spoke of this when he described the happiness of those who are declared righteous without working for it: “Oh, what joy for those whose disobedience is forgiven, whose sins are put out of sight. Yes, what joy for those whose record the Lord has cleared of sin.” Romans 4:4-8

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

This is a Bitter Buster that resonates JOY because when you reflect upon how great a forgiveness from God has been granted to you, your heart should lead you to forgive greatly too. God has forgiven you and has cleared you of sin. When you are facing the gravitational pull of bitterness, use this Bitter Buster instead and forgive . . . with joy!

The Tool (The Scripture)

'Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.' Ephesians 4:31-32

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

Sometimes, when you are hurt, you may tend to attract a lot of negative habits: such as bitterness, rage, anger, harsh words, and slander, and everything else that is evil you can only imagine. This Bitter Buster requires a focused change of thinking and direction. You are exhorted

to “Get rid” of the bad stuff and make a pivot “instead” to the good stuff.

The Tool (The Scripture)

'Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. ' Colossians 3:12-14

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

They say, “clothes make the man (or woman).” In other words, what you wear is important, especially when it comes to a proper spiritual wardrobe. When you choose to wear God's finest, you will look much better when you use this Bitter Buster. The best time to use this one is when (after you put on the wardrobe God wants you to wear) you remember how much God loves you and has forgiven you. Once you “*look the part*” you will then “*live the part*” and forgive those who have hurt you.

The Tool (The Scripture)

'I am not overstating it when I say that the man who caused all the trouble hurt all of you more than he hurt me. Most of you opposed him, and that was punishment enough. Now, however, it is time to forgive and comfort him. Otherwise he may be overcome by discouragement. So I urge you now to reaffirm your love for him.' 2 Corinthians 2:5-8

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

Hurt people hurt people because they have not been healed by the Lord. But they may be on the way once you use this Bitter Buster by forgiving them and then comforting them. Love, reaffirmed love, is a much better approach than heaping burning coals of judgment and rejection by withholding love.

The Tool (The Scripture)

'The first time I was brought before the judge, no one came with me. Everyone abandoned me. May it not be counted against them.'
2 Timothy 4:16

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

Perhaps you have been abandoned (or at least felt like it) at the most painful time. When people who should have been with you either ignored you or forgot about you. No matter the reason, it was painful to you. This Bitter Buster is an important one to use when you are tempted to throw your own pity party. You make the choice: May it not be counted against them.

The Tool (The Scripture)

'Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing.' 1 Peter 3:9

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

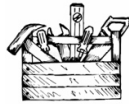
One of the biggest temptations when you've been hurt is to plan for a strategic retaliation. In fact, the more you may scheme in your mind, the more pain you may want to inflict. This Bitter Buster short circuits that thought pattern and rewires it to be a blessing instead.

The Tool (The Scripture)

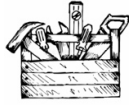
'Dear children, let's not merely say that we love each other; let us show the truth by our actions. Our actions will show that we belong to the truth, so we will be confident when we stand before God. Even if we feel guilty, God is greater than our feelings, and he knows everything. Dear friends, if we don't feel guilty, we can come to God with bold confidence. And we will receive from him whatever we ask because we obey him and do the things that please him.' 1 John 3:18-22

The Instructions On How To Use This Bitter Buster (The Practical Personal Application)

In the big picture, words are useless unless you can back them up with action. It is one thing to say “I forgive you” and another to really mean it. You can say the words “I forgive you” and betray the message by what you do with your actions. This Bitter Buster has credibility when your love for those who have hurt you is in alignment with the truth of God’s Word. Sometimes you may not feel like acting in love towards those who have hurt you by saying “I forgive you,” but God knows that. He is greater than your feelings.



God Has Forgiven Us



'You forgave the guilt of your people— yes, you covered all their sins.
Interlude' Psalms 85:2

'Let all that I am praise the Lord; with my whole heart, I will praise his holy name. Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases.'
Psalms 103:1-3

'He does not punish us for all our sins; he does not deal harshly with us, as we deserve. For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. He has removed our sins as far from us as the east is from the west.'
Psalms 103:10-12

'From the depths of despair, O Lord, I call for your help. Hear my cry, O Lord. Pay attention to my prayer. Lord, if you kept a record of our sins, who, O Lord, could ever survive? But you offer forgiveness, that we might learn to fear you. I am counting on the Lord; yes, I am counting on him. I have put my hope in his word.'
Psalms 130:1-5

'Lord, your discipline is good, for it leads to life and health. You restore my health and allow me to live! Yes, this anguish was good for me, for you have rescued me from death and forgiven all my sins.'
Isaiah 38:16-17

'“I—yes, I alone—will blot out your sins for my own sake and will never think of them again.'
Isaiah 43:25

'Seek the Lord while you can find him. Call on him now while he is near. Let the wicked change their ways and banish the very thought of doing wrong. Let them turn to the Lord that he may have mercy on them. Yes, turn to our God, for he will forgive generously.' Isaiah 55:6-7

'Where is another God like you, who pardons the guilt of the remnant, overlooking the sins of his special people? You will not stay angry with your people forever, because you delight in showing unfailing love.' Micah 7:18

'May God the Father and our Lord Jesus Christ give you grace and peace. Jesus gave his life for our sins, just as God our Father planned, in order to rescue us from this evil world in which we live.' Galatians 1:3-4

'He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.' Ephesians 1:7

'He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.' 1 Peter 2:24

'But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.' 1 John 1:9

'and from Jesus Christ. He is the faithful witness to these things, the first to rise from the dead, and the ruler of all the kings of the world. All glory to him who loves us and has freed us from our sins by shedding his blood for us.' Revelation 1:5

The Final Chapter Is . . . YOU!

Bitter Busters was DONE and just days away from submitting the final files to the printer and then it dawned on me. I've made a strong case on when and how to use a Bitter Buster when it comes to FAMILY, FRIENDS, CAREER, CHURCH, and even GOD. But allow me to gently suggest to you, my dear reader, you may very well need to give yourself a Bitter Buster too! Why do I say this? Sometimes we freely forgive others . . . but are we as generous and kind to ourselves?

Sometimes, we are harder on ourselves and have a theological breakdown believing *we need* to forgive ourselves too. But we do, desperately. Time and again we are reminded by God's precious promises to us when it comes to this . . .

'But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.' (1 John 1:9 NLT)

And this . . .

'So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.' (Romans 8:1-2 NLT).

So, give yourself a Bitter Buster and make a . . .

a *decisive decision*

to *appropriate*

the *dynamic power*

of *love* and *forgiveness*

when the *natural urge* is to become bitter.

Afterword

I want to encourage you to write your own obituary. Sound morbid? Not really. If you do not do it someone else will. As you begin to write, be intentional every day to live up to what you have written about yourself. Be honest. Be transparent. And be inspired to live a life of legacy.

In a way, Bitter Busters has become my obituary. It has literally taken me a lifetime to write this book. In it are many of the stories and people that have shaped my life. As I sought to categorize my life, I was drawn to the life arenas of family, friends, career, church, and God. There, I was able to reflect on my stories in the hope that one day they would be useful not only to me but to you also.

One of the greatest gifts the Lord has ever given me (and you) is our stories. If you are young, begin now to journal your stories and what you are feeling and learning. If you are more “seasoned,” begin now to journal. Why journal? Because if you are like me, you’ll forget a lot of them. Why journal? Because you matter and your stories matter too. Bitter Busters is my story and I’m sticking with it. I hope I can inspire you to tell your story, without the bitterness. The world is waiting to hear your story. You matter and your story matters too.

What’s your story?

HOW YOU CAN HAVE A RELATIONSHIP WITH JESUS

✓ GOD LOVES YOU AND HAS A WONDERFUL PLAN FOR YOUR LIFE

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. **Jeremiah 29:11 (NIV)**

✓ AS A RESULT OF MAN GOING HIS OWN WAY AND REJECTING GOD, A CHASM, A GREAT DIVIDE, HAS COME SEPARATING A JUST AND HOLY GOD FROM SINFUL MAN

for all have sinned and fall short of the glory of God, **Romans 3:23 (NIV)**

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. **Romans 6:23 (NIV)**

✓ GOD SENT HIS SON, HIS PERFECT SON TO BECOME OUR SACRIFICE. HE WHO IS SINLESS TOOK UPON HIMSELF OUR SINS, OFFERING TO RESTORE OUR BROKEN RELATIONSHIP WITH GOD, BRIDGING THE GAP BETWEEN GOD AND MAN

We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.

Isaiah 53:6 (NIV)

The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!" **John 1:29 (NIV)**

✓ GOD HAS GIVEN EACH MAN A CHOICE EITHER TO ACCEPT THE FREE GIFT OF SALVATION AND LIVE FOREVER OR TO REJECT HIS GRACIOUS GIFT AND SPEND ETERNITY FOREVER SEPARATED FROM GOD

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. **John 3:16 (NIV)**

¹²Yet to all who received him, to those who believed in his name, he gave the right to become children of God-- ¹³children born not of natural descent, nor of human decision or a husband's will, but born of God. **John 1:12-13 (NIV)**

**Essential Spiritual Growth Resources from
Something New Christian Publishers
and Quality Leadership Consultants**

Websites, Newsletter, and Blogs:

www.dennybates.com and www.ReallyGoodDay4U.com is the hub for all of our teaching and coaching resources. Check out our free downloads as well as our store.

www.thequalitydisciple.com links to dennybates.com.

www.qualityleadershipconsultants.com links to dennybates.com.

www.thequalitydisciple.blogspot.com is the teaching blog for Psalms of Discipleship.

www.facebook.com/denny.bates is my portal to social networking.

Dr. Denny Bates and Quality Leadership Tips For You is my newsletter. Featured leadership articles, devotional thoughts, and a menu of coaching and book resources.

Sign up at <http://www.dennybates.com>

Books:

Other titles from the Quality Discipleship Series:

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- ❖ Psalms of Discipleship: A One Year Journey With The Shepherd (Kindle or printed copy)
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- ❖ Living Above The Fray: Learning The Seven Healthy Leadership Principles That Will Shelter You From The Destructive Effects Of Leader-I-Tis (Kindle or printed copy)
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- ❖ Building A Christian Community Of Friends: Four Practical Studies On Biblical Friendships (Kindle or printed copy)
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- ❖ Life-Of-Ogy: Mastering The Study Of Your Life, Your Team, Your Profession and Your Customers (Kindle or printed copy)
- ❖ Growing In Greatness: *31 Living Legacy Principles From the Proverbs For the Quality Leader (Proverbs 1:1-5:14), Volume 1* (Kindle or printed copy)
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- ❖ How To Have A Really Good Day With The GOS-PILL During Times Of Crisis: 31 Days Of Inspiration (Kindle or printed copy)
- ❖ The Fine Art Of Experiencing Quality Relationships: 31 Intentional Days Of Thoughtful Treasures From Proverbs That Will Transform The Heart (Kindle or printed copy)
- ❖ How To Build A Better Business By The Proverbs: 31 Intentional Days Of Best Practices That Will Lead To Your Success (Kindle or printed copy)

- ❖ Bitter Busters: How Bitter Busters Can Set You Free From Becoming Bitter Against Family, Friends, Career, Church and God.” (Kindle or printed copy)

Retreat Journals:

- ❖ The Power – Broker’s Guide To The Kingdom
- ❖ Four Legacies For A Life Change
- ❖ Three Commitments That Change A Life
- ❖ Growing In Grace: A Fresh Look At Biblical Discipleship
- ❖ Adding Quality To Your Life

Contact us for availability and cost. www.dennybates.com

Help Me Write My Story Books (A ghost writing and book coaching custom service)

For information connect to

www.HelpMeWriteMyStory.com

Here a few of my Help Me Write My Story clients. Please check them out on Amazon.

- ❖ “Touched by Him: A Man Who Said Yes To Jesus” by Harry F. Lyles as told to Dr. Denny Bates (Something New Christian Publishers)
- ❖ “I’m Just Rebeckah Wilhelmina And I Found A Way Out” by Rebeckah Wilhelmina (Healthy Curves Count Publishers)
- ❖ “The Blue Duck: Learning How To Discover Your Competitive Edge And Celebrate The Uniqueness Of You” by Sandra Mason (Younique Publishers)

- ❖ “How To Kick Your Own Butt: The Fine Art Of Leading Yourself Well” by Carol Mabe (CMC Transformational Publishing)
- ❖ “My Life: Then And Now: Won’t He Do It” by Karen Calhoun (KMJC Publishers)
- ❖ “More Than A Seed: The Yearn For God’s Children To Accept, Grow, And Fight” by Akayla Frazier (Changed Legacy Publishing)
- ❖ “Life-Sustaining Hope” by Dr. Patrick Hunt (M2E Motivational Consulting)
- ❖ “How The Puppy Learned To Cherish Life by Dr. Patrick Hunt (M2E Motivational Consulting)
- ❖ “My Miscarriage: And Other Uninvited Events” by Traci McCombs (Skinny Brown Dog Media)
- ❖ “Take the Soap” by Bryan Braddock, Byon “kNOw Ca\$h” McCullough as told to Dr. Denny Bates (Take The Soap Publishers—Coming soon)

QUALITY LEADERSHIP CONSULTANTS

PROFESSIONAL COACHING, CONSULTING,
AND TEACHING

Presenting Quality Ideas;

Producing Quality Leaders



Introducing Dr. Denny Bates

Professional Life, Business Coach, Teacher, Writer,
Speaker And Consultant

**Why is it important for you to have a professional
quality life coach and leadership trainer?**

It has been said, “Experience is the best guide in life.” The truth is *guided experience* is the best guide! Time, money, and emotional energy can be saved by linking up with a person who already understands where you are, where you want to go and has a good grasp on how to lead you there in a positive way.

What kind of guided experience do I offer?

Seasoned in both the market place and non-profit settings, I can offer you and/or your organization Quality Leadership coaching tracks with a relational emphasis. For instance: Personal Growth, Communication Skills, Building Healthy Relationships, Career Counseling / Job Performance, Life Transitions, Organizational Health; and for faith-based individuals and/or organizations, Spiritual Growth. My practical experience in both for-profit and non-profit settings, coupled with my academic and professional training, affords me the ability to offer you unique Quality Leadership services.

The JOHN MAXWELL **Team**

AN INDEPENDENT CERTIFIED COACH, TEACHER AND SPEAKER
WITH THE JOHN MAXWELL TEAM



My friend John Maxwell says,

“Everything rises and falls on leadership”

**As a Leadership Specialist,
I can help YOU in the marketplace!**

- ✓ With years of experience working as a manager in the marketplace, I know what it takes to create a healthy organization. I can train your leaders and employees in effective teamwork and communication.
- ✓ I know how to help business leaders practice the kind of self-care that not only benefits them personally, but also adds value to the company.
- ✓ I know how to help a management team build a culture that places great value on integrity and success.
- ✓ I can help you and your leaders set reasonable goals and show you the tools to help you reach each one.
- ✓ I can help you reproduce your values, vision and passion in the lives of others.
- ✓ I can help you sharpen your leadership skills in a group coaching setting or one to one. As a professional life coach and leadership trainer, I can offer you the finest coaching and training resources available today as a certified coach, teacher and speaker for the John Maxwell Team.



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What does a Disciple-Making Ministry look like?

It looks like . . .

SOMETHING *new*

"Do not call to mind the former things, or ponder things of the past; Behold, I will do something new . . ." Isaiah 43:18, 19a

- Is a ministry that focuses upon making Quality disciples for Jesus
- Is a ministry that encourages believers to connect in community and experience the disciplined life
- Is a ministry that seeks to help other body of believers to learn how to live the disciplined life through seminars, workshops, keynote speaking and interactive coaching

Contact Dr. Denny Bates for more information on how you and your church can create a culture of DiscipleMakers4Jesus

www.TheQualityDisciple.com

About Dr. Denny Bates



Dr. Denny Bates is Principal Consultant for Quality Leadership Consultants, founder of Something New Christian Publishers, Something New Ministries and The Quality Disciple, Life Coach for iHope Christian Care and Counseling, adjunct faculty mentor in the Columbia Biblical Seminary online Doctor of Ministerial Leadership program, and a founding member of the John Maxwell Team of certified coaches, speakers, and trainers. He has earned degrees from Francis Marion College [B.S.] and Columbia Biblical Seminary and School of Missions [MDiv, DMin]. With a doctoral degree in personal and organizational leadership, he is well equipped to serve as teacher, life coach, mentor, disciplemaker, motivational speaker and writer for his own leadership and personal growth titles as well as helping others write their stories*

Denny has written for an international publisher of Bible commentary, served as the Discipleship Pastor in the local church, as well as being a leader in the marketplace by creating the social networking brand #Aisle31. By God's grace, he seeks to live above the fray and "Press on!" Visit www.dennybates.com.

*See www.HelpMeWriteMyStory.com for this custom service.

About Reeves Cannon

MA, LPC, BCPCC



Reeves is passionate about marriage and family relationships. He believes that the family is an integral part of a healthy society and he has devoted much of his professional life to working with families within a counseling context. Reeves started his professional counseling work at the Church at Sandhurst where he started a professional counseling ministry. He continues to serve at Sandhurst as the Executive pastor while also working at the iHope center as a professional counselor. Reeves is certified in both Prepare-Enrich and SYMBIS, which are the leading pre-marriage and marriage assessments in the industry. He is a member of the American Association of Christian Counselors (AACC) and also a Board Certified Professional Christian Counselor (BCPCC). Reeves specializes in working with couples, men, and adolescents within the context of the family.

Reeves is married to his beautiful wife Rebecca and they have three children. Together, they worship at the Church at Sandhurst in Florence, SC.

About iHope Christian Care And Counseling

MISSION STATEMENT:

To bring hope and healing to the community through professional counseling and care rooted in biblical principles.

The vision of iHope Christian Care and Counseling, Inc. is to be a distinctly Christian counseling center serving individuals, families, couples, and ministry leaders with affordable counseling and care. We are committed to offering hope and healing through Jesus Christ. As Christian counselors, we are called to bind up the brokenhearted, proclaim freedom for the captive, and comfort those who mourn. iHope desires to be an extender of the local church, offering counsel to those going through a season of difficulty. We are a support and resource for local pastors and for our community. Many people desire counseling and healing offered through Jesus Christ, but they do not know where to turn, cannot afford counseling, or are unaware of available resources. iHope is intended to be a resource within reach of anyone who wants help.

CORE VALUES

iHope operates by five core values. These values guide our counseling work, education, and interactions with the community and are grounded in Scripture.

- **Christ-centered**

Remain consistently true to the Gospel of Jesus Christ and his Word in Scripture

John 15:1-8

- **Kingdom-minded**

Engage with the local church to care for and connect clients to the body of Christ

Acts 2:42-47, Romans 12:4-5

- **Ethics, Integrity, and Excellence**

*Maintain the ethical standards of the American Association of Christian Counselors, practicing with integrity and competency
Proverbs 11:3, Proverbs 28:6, 1 Peter 3:16*

- **Accessibility**

*Be a resource within reach of anyone who needs help.
Philippians 2:5-8, Galatians 6:2, Proverbs 22:9*

- **Whole-Person Care**

*Serve and care for each person's holistic health – spiritual, mental, relational, physical, and emotional health and wellness.
Matthew 22:36-39, Matthew 14:14-21*



**BIBLICAL COUNSELING & BIBLICAL TEACHING:
THE PERFECT PARTNERSHIP**

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Praise For Bitter Busters:

Denny teaches us in this book that a bitter spirit can happen to any of us if we aren't careful. Anything from unresolved anger, unforgiving attitudes, resentment, jealousy, disappointment are just some of life's struggles that cause us to plunge us into bitterness. We must hold God close to our hearts and learn the Word of God to overtake and bust our bitterness. We must come back to our Lord when bitterness overtakes our hearts.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." Thank you to my Lord and Denny for busting my bitterness♥

Kim Lanier, BSN, RN

Director of Heart and Vascular Day Hospital & Recovery
Director of Cardiac and Pulmonary Rehabilitation

As a woman who experienced infertility, miscarriages, cancer, and what so many refer to as "daddy issues," I can honestly say I wish I had *Bitter Busters* years ago. Denny not only opens up about his own experience with bitterness, but he also provides biblically sound examples and practices we can use to help us fight past unforgiveness and anger. This book is an excellent reminder that busting out of bitterness is a process and that God is with us every step of the way.

Traci McCombs, MBA

Author of #1 Amazon Best Seller, *My Miscarriages: And Other Uninvited Events*

Bitter Busters engages with the natural desire of human bitterness in particular situations with practical principles to avoid or overcome bitterness. During times of rejection, it is our hearts default to become bitter with the person or situation. However, living a Christ filled life as depicted in *Bitter Busters* gives one strength to live an intentional life to choose love to destroy the desire to become bitter.

Marlo D. Brayboy, MDiv

Doctoral Candidate, Columbia International University

Dr. Bates's book Bitter Busters has called me to reflect on issues I have "swept under the rug" for quite some time relating to my own family, friends, church, work, and relationship with God. Our world's mentality, since our fall as humans in the Garden of Eden, has been not to forgive but get even when wronged and become bitter when we are treated unfairly by others. Dr. Bates's book is biblically sound and teaches us God's love and presence in our lives is the only way to overcome what comes naturally. The book is loaded with scriptural references to equip us as Christians to help root out and prevent bitterness from destroying our personal life, lives of others, but most importantly our relationship with God. Thank you Dr. Bates for sharing your personal experiences and life lessons with us along with the Biblical solution to this sin so prevalent in our world and society today!

Stephen M. Welch.,BS, MAT
Science Educator

Bitter Busters is a go-to resource for anyone who has experienced hurt in their life. Through excellent Bible teaching, real life examples and authentic stories Denny guides the reader towards a path of healing from the pain of broken relationships. I cannot more highly recommend this book as a go-to guide for leading you away from the prison of bitterness and unforgiveness and towards the path of freedom, peace and healing.

F. Reeves Cannon, III, M.A.,LPC, BCPCC
Executive Pastor, Church at Sandhurst

We all can and have been guilty of embracing bitterness – someone has done something, said something, that hurt us deeply. We are fallen people living in a fallen world and for Christ followers, this is especially onerous. The root of bitterness is like a *root bearing poisonous fruit* (Deut 29:18). So, what do we do? In his book, Denny has presented a Scripture based process for busting free from bitterness. Scriptural examples paired with practical personal application, provide freedom, refreshment, and restoration. I have watched Denny live it. A thorough Subject Index is included making this a valuable reference source.

Ron Bennett
Church Elder

Dr. Denny Bates has created a wonderful guidebook for dealing with the difficult times of life without becoming bitter. Moreover, he points past bitterness to a fulfilled life of compassion and love. Furthermore, his rich life of serving others bears witness to the truth of his testimonies.

Dr. Patrick Hunt – *Author of the Pathway of Happiness: Cherish Life and Live Nobly.*

Forgiveness...are you kidding me! Denny has taken on a most difficult topic that reaches into the lives of us all. We aren't built for it in our own power. So why read Bitter Busters? In it is the prescription for not only why to forgive, but how to make it your reality. As someone who has, personally, lived out the necessity for both self and other forgiveness, I believe Denny has done an excellent job of combining the scriptures to unlock the powerful antidote to our natural, human response of bitterness. Bitter Busters is an easy to read resource which guides us to the Truth that Forgiveness really is a gift that we should want to give to ourselves. Thank you Denny, for this work; I pray that in it many will discover His Truth, and through Him find their Freedom.

Leslie Rutten
Homemaker/Occupational Therapist

Denny, we have read your new book Bitter Busters and very impressed with it. You have expressed well your hurts and disappointments, yet our God has led you into a place of acceptance and forgiveness. Now you have shared the scriptural examples of how God, in His faithfulness, has given you His grace and love. May God use it mightily to help others.
Love,

Gail & Harry Lyles
Author of *Touched By Him: A Man Who Said Yes To Jesus*

Denny has written this from his heart. In my opinion, he is the perfect one to have penned this as I know he lives out what he writes. Thanks for reminding me that forgiveness and busting bitterness go hand in hand and that God is the authority that not only commands and enables us to do it, but also exemplifies it to us through Jesus. Well done, Denny.

Sandy Richardson
Owner, Morningstar Farms

Bitter Busters is a must read for anyone who has ever gone through any hardship or trauma and has difficulty letting go of the bitterness of betrayal. No doubt life is hard but having bitterness as a constant companion makes living even more difficult. This book gives a new way of dealing with the bitterness in a way that gives God the glory and allows the captives to bitterness be set free! Denny has a unique way of weaving his real-life story with God's truth and providing a way out of the bitterness through what is now known as Bitter Busters! This book will change your life and bring a renewed sense of wholeness that can only be experienced through inner healing and forgiveness. May you be set free from bitterness by using the God-given principles outlined in this Masterpiece called Bitter Busters.

Kimberly Eaker MSN, APRN, FNP-C
Nurse Practitioner, Department of Defense

Never forget the three powerful resources you always have available to you: love, prayer, and forgiveness.

H. Jackson Brown, Jr.

