

THE HEART KNOWS ITS OWN BITTERNESS

Proverbs 14:10

INTRODUCTION: Our hearts have their own life experiences with bitterness. The Bible has many stories of great men and women having bitterness of heart. This short Bible verse reminds us of our own bitterness and trials as well as those of others. The world is full of those who have broken hearts and troubled lives.

I. ATTITUDE OF THE HEART

A. JOY OF THE HEART.

When the believer in Jesus is full of His Spirit, joy will fill their lives. In John 15:11, Jesus said, "These things have I spoken unto you, that my joy might remain in you, and that your joy might be full."

Paul wrote in Galatians 5:22, "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith."

B. PEACE OF THE HEART.

Jesus gives believers in Him His peace. We read in John 14: 27, "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

John 16:33 states: "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."

C. LOVE FROM THE HEART.

We know what the greatest commandment in the Bible is. Jesus said in Luke 10:27, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself."

The Lord also made this statement in John 13:34: "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another."

Love, joy, and peace are just three of the fruit of the Spirit and there are others which make the life of the believer both rich and meaningful.

II. BITTERNESS OF THE HEART

A. REALITY OF LIFE.

The heart knows its own bitterness and pain. Solomon spoke of the inner experiences we have with personal trials, sorrow and bitterness. The word bitterness can be translated as suffering or sorrow. No one else knows to the fullest what another person is feeling or experiencing. Each heart knows its own bitterness. A person may experience deeper emotional pain than another person. One person may show or express their emotions differently, yet they may both suffer deeply.

B. BATTLE WITH EMOTIONS.

The entire human race has a broken heart. Sin has done damage to our souls. Life's problems cause emotional troubles. God knows the emotional battles we have inside of us. The Lord knows our thoughts, emotions and bitterness. Christians have to battle with their emotions like everyone else. We war against bitterness by focusing on the forgiveness of God, His love and His faithfulness.

The Holy Spirit empowers and equips the believer to fight against the evil forces and emotional assaults. The believer must claim the gifts of the Holy Spirit and seek the presence of God. We read in James 4:7-8, "Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded."

III. CURE FOR A BROKEN HEART

A. RELIANCE ON JESUS.

The dictionary defines heartbreak as "crushing grief, anguish, or distress." During such times, we must rely on the Lord. Prayer to the Lord shows our reliance on Jesus. We are told to cast all our cares on Him because He cares for us.

We can learn much about ourselves and the problems we are facing through prayer. Jesus gives the strength we need to handle our broken hearts. It may take time for us to learn the ways of Jesus and experience His work of grace in our lives as we recover.

B. RESTORED BY JESUS.

A bitter and broken heart that is restored will give thanks and worship to the Lord Jesus. The best time to start giving Jesus worship and thanks is as soon as possible. God is able to do great and mighty things. His power created the billions and billions of stars and placed them in the heavens. The Lord gave each star a name. He looks upon you and sees your broken heart and is moved with compassion. He has the power to heal. Our complete restoration will be fulfilled when we get to heaven. Let Jesus have your pain and brokenness.

LESSONS FOR LIFE:

1. Sorrows and bitterness are experiences of life.

2. Jesus provides us peace, joy, and love.

3. Everlasting life is God's gift to all who receive Jesus as Lord and Savior.