

Sample Prayer for Releasing Judgements and Bitterness Towards the Lord

taken from article Judgments and Bitterness Towards the Lord by Kevin Lehman (1/9/02)

Never assume the person is ready to release judgments and bitterness towards the Lord. Always ask "Are you sure you are ready to release your judgments and bitterness towards the Lord?" If there is any sense of uncertainty or lack of internal unity, look for guardian lies, vows, and internal dissociated parts that are not ready to release the judgments and bitterness.

It is important for the person receiving ministry to understand how we use judgments and bitterness to protect ourselves from painful emotions, and to understand why it is important to release them. If she does not already understand these principles, it can be helpful for her to review the essay "Judgments and Bitterness as Clutter That Hinders Prayer for Emotional Healing."

Lord, I was deeply hurt when _____ (examples: "my mother died of cancer," "my father abandoned us," "my brother molested me." Describe the details of the situation, including the helplessness and powerlessness—talk about it until it feels emotionally connected), and it feels like You have wronged me by _____ (examples: "not being with me in a way that I could perceive/receive," "allowing these things to happen," "not rescuing me"). I know it is deception to believe that You have wronged me, but it feels so true. I _____ (describe your judgments and bitterness. For example, "I hate You and judge You for not protecting me. There is no excuse for Your failure to protect me. I feel like I would take better care of my children if I were You, etc." Talk about it until it feels emotionally connected).

I acknowledge that I have these judgments and bitterness towards You as a way to protect myself from the painful emotions—especially from feelings of powerlessness and helplessness. I do want protection from situations where I am hurt, powerless, and helpless, but I don't want this judgement, condemnation, self-righteousness and bitterness to hinder my relationship with You or my healing, and I am ready to release and renounce this attempt to use judgment and bitterness to protect myself. I ask for Your protection, and also for the discernment and grace to participate in Your plans for my care. I accept that You don't guarantee that I will never be hurt, powerless, and helpless, and I ask You for the grace and strength to be faithful to You in whatever You choose to allow. Help me to stand straight in my honest pain when I am hurt, powerless, and helpless.

I confess these judgments and bitterness towards You as sin. I ask Your forgiveness for these judgments and bitterness towards You. I renounce these judgments and bitterness towards you. I acknowledge that I cannot change my own heart and mind regarding these judgments and bitterness towards You, so I ask You to give me true repentance—I ask You to change my heart and my mind regarding these judgments and bitterness towards You. I cannot free myself, but I am willing to be freed. I cooperate with Your desire to free me by asking You to free me and by choosing to confess, renounce, and release these judgments and bitterness towards You.

I specifically release and renounce using this judgment, condemnation, self-righteousness, and bitterness towards You to protect myself from painful emotions, especially powerlessness, and helplessness.

Lord, Jesus, I ask now that you would wash me with your blood, cleansing me and freeing me from all judgments and bitterness towards You or my Father."

Go back to the memories being addressed and try to stir up the judgments and bitterness towards the Lord. Often they will already be gone. Look for Jesus' presence, listen for His voice, try to sense His presence. Watch, follow, listen to whatever He does/says.

After a few moments, try to find the judgments and bitterness.

If the judgments and bitterness towards the Lord are not gone, ask the Lord, "What do You want _____ (name) to know about these judgments and bitterness towards You?" And then watch especially for the common problems discussed above. Return to the sample prayer when the blocking problems have been addressed. The Lord will always remove judgments and bitterness when the relevant traumatic memories are fully connected and all hindrances have been resolved.

If you feel led to do so, you can tear down spiritual strongholds (2 Cor 10), deal with demonic spirits, and break curses:

In the name of Jesus, we command all demonic spirits connected to or associated with my judgments and bitterness towards the Lord to go immediately and directly to the feet of the true Lord Jesus Christ. You will go bound. You will not touch or harm anything or anyone on the way. You will never return and you will never send anything in our place. He will deal with you as He sees fit.

In the name of Jesus, we command that all curses in any way connected to or associated with my judgments and bitterness towards the Lord be broken, nullified, and rendered powerless.

We as You, Lord Jesus, to reveal to us any other parts of this stronghold of judging and holding bitterness against You that still need to be dealt with so that we may be totally and completely free to love You and serve You all the days of our lives.