

<sup>22</sup> THEN MOSES LED ISRAEL FROM THE RED SEA, AND  
THEY WENT OUT INTO THE WILDERNESS OF SHUR;  
AND THEY WENT THREE DAYS IN THE WILDERNESS  
AND FOUND NO WATER.

EXODUS 15:22

<sup>23</sup>WHEN THEY CAME TO MARAH, THEY COULD NOT  
DRINK THE WATERS OF MARAH, FOR THEY WERE  
BITTER; THEREFORE IT WAS NAMED MARAH.  
BITTERNESSE EXODUS 15:23

**24** SO THE PEOPLE GRUMBLED AT MOSES, SAYING,  
“WHAT SHALL WE DRINK?”

**EXODUS 15:24**

**GRACE  
FOR  
BITTERNESS**

<sup>25</sup> THEN HE CRIED OUT TO THE LORD, AND THE LORD  
SHOWED HIM A TREE; AND HE THREW IT INTO THE  
WATERS, AND THE WATERS BECAME SWEET.  
THERE HE MADE FOR THEM A STATUTE AND  
REGULATION, AND THERE HE TESTED THEM.

EXODUS 15:25

<sup>26</sup>AND HE SAID,“IF YOU WILL GIVE EARNEST HEED TO THE VOICE OF THE LORD YOUR GOD,AND DO WHAT IS RIGHT IN HIS SIGHT,AND GIVE EAR TO HIS COMMANDMENTS,AND KEEP ALL HIS STATUTES,I WILL PUT NONE OF THE DISEASES ON YOU WHICH I HAVE PUT ON THE EGYPTIANS; FOR I,THE LORD,AM YOUR HEALER.”

EXODUS 15:26

<sup>27</sup> THEN THEY CAME TO ELIM WHERE THERE WERE  
TWELVE SPRINGS OF WATER AND SEVENTY DATE  
PALMS, AND THEY CAMPED THERE BESIDE THE  
WATERS.

EXODUS 15:27

**BITTERNESS IS THE LINGERING CONDITION OF UNRESOLVED PAIN OR BETRAYAL IN WHICH A PERSON WILLFULLY CLINGS TO ANGER, RESENTMENT, AND OFFENSE, RESISTING RECONCILIATION AND FORGIVENESS, ULTIMATELY CORRODING THE INDIVIDUAL AND DEFILING THOSE WITHIN THEIR SPHERE OF INFLUENCE.**

<sup>29</sup>LET NO UNWHOLESOME WORD PROCEED FROM  
YOUR MOUTH, BUT ONLY SUCH A WORD AS IS GOOD  
FOR EDIFICATION ACCORDING TO THE NEED OF THE  
MOMENT, SO THAT IT WILL GIVE GRACE TO THOSE  
WHO HEAR.

EPHESIANS 4:29

<sup>30</sup> DO NOT GRIEVE THE HOLY SPIRIT OF GOD, BY  
WHOM YOU WERE SEALED FOR THE DAY OF  
REDEMPTION.

EPHESIANS 4:30

<sup>31</sup>LET ALL BITTERNESS AND WRATH AND ANGER AND  
CLAMOR AND SLANDER BE PUT AWAY FROM YOU,  
ALONG WITH ALL MALICE.

EPHESIANS 4:31

<sup>32</sup> BE KIND TO ONE ANOTHER, TENDER-HEARTED,  
FORGIVING EACH OTHER, JUST AS GOD IN CHRIST  
ALSO HAS FORGIVEN YOU.

EPHESIANS 4:32

<sup>14</sup>PURSUE PEACE WITH ALL MEN, AND THE  
SANCTIFICATION WITHOUT WHICH NO ONE WILL SEE  
THE LORD.

HEBREWS 12:14

<sup>15</sup>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