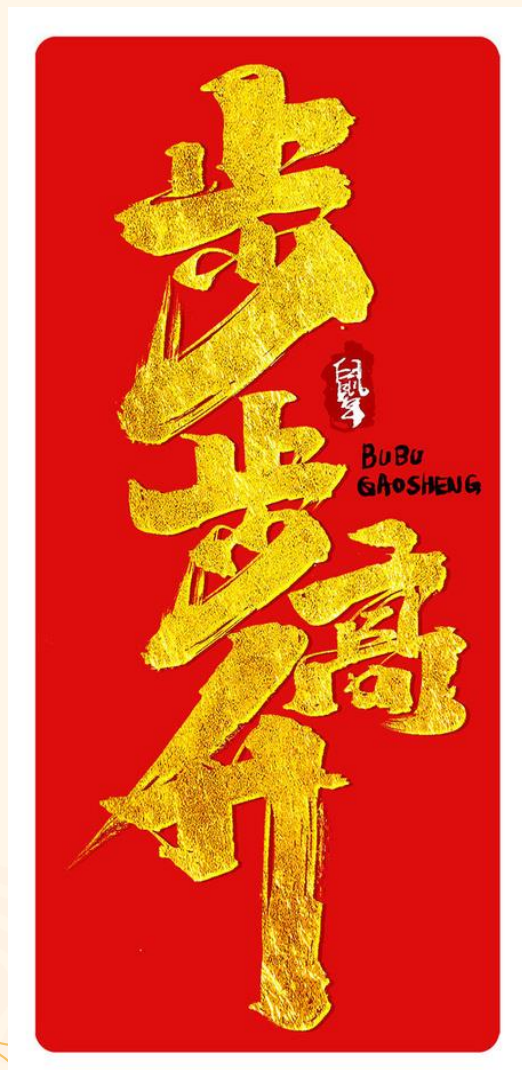


The image features a decorative border with traditional Chinese motifs. On the left and right sides, there are colorful lanterns (one round and one tiered), a stylized snake with a rainbow gradient, and a large colorful flower. At the top center, there is a branch with red and white blossoms. The background has a subtle, repeating pattern of stylized waves.

Traveling Light: Letting Go of Bitterness

February 2025




Happy Chinese New Year!





Psalm 34:12





Would you like to enjoy life?
Do you want long life and
happiness?
(Good News Translation)









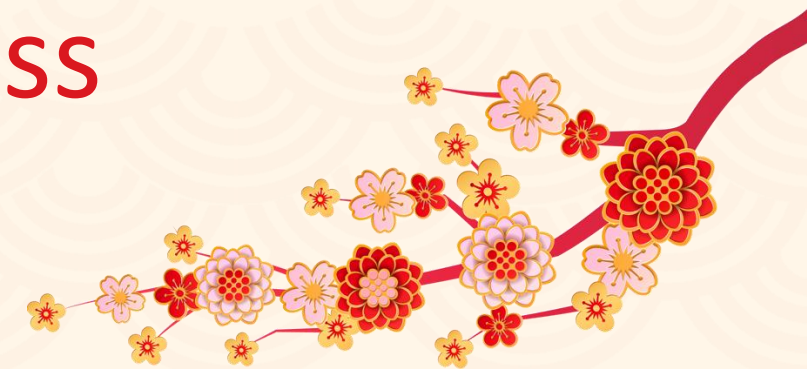
Psalm 34:13-14

Then keep from speaking evil and from telling lies. Turn away from evil and do good; strive for peace with all your heart.
(Good News Translation)



Seek peace and pursue it.
(NIV)





Rooting out bitterness

Wrath - resentment, anger

Clamor - perpetual animosity, strife, fault-finding

Slander

Malice - spitefulness, verbal abuse, malevolence

Bad feelings about other people

Temper

Loud talk

Bad talk that hurts others

Bad feelings that hurt others



More about bitterness



Bitterness towards ourselves



Bitterness towards others



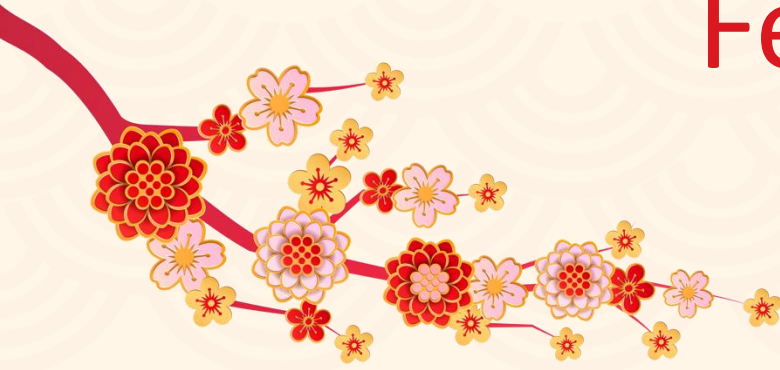
Bitterness towards God



**Harboring bitterness is like drinking poison
and hoping the other person dies.**



Feeding the bitterness plant



1. Replaying the matter in our mind.

2. Repeating the matter to the person who hurt us.




3. Repeating the matter to someone else.







Should we just hold things
in?



- 
- 
- 
1. Confrontation without
resentment or revenge
 2. Setting boundaries

NO!



Starving bitterness

1. Actively “do good” and “pursue peace”.

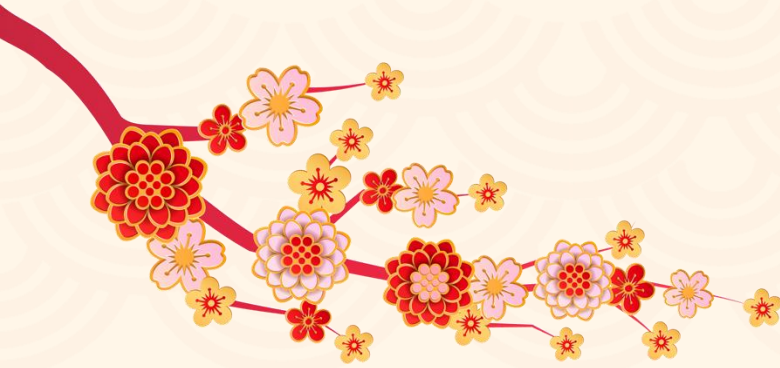
Psalm 34:14

2. Making a deliberate choice to forgive the person who wronged us.

3. Actively turn our thoughts away from evil and turn our thoughts to good.



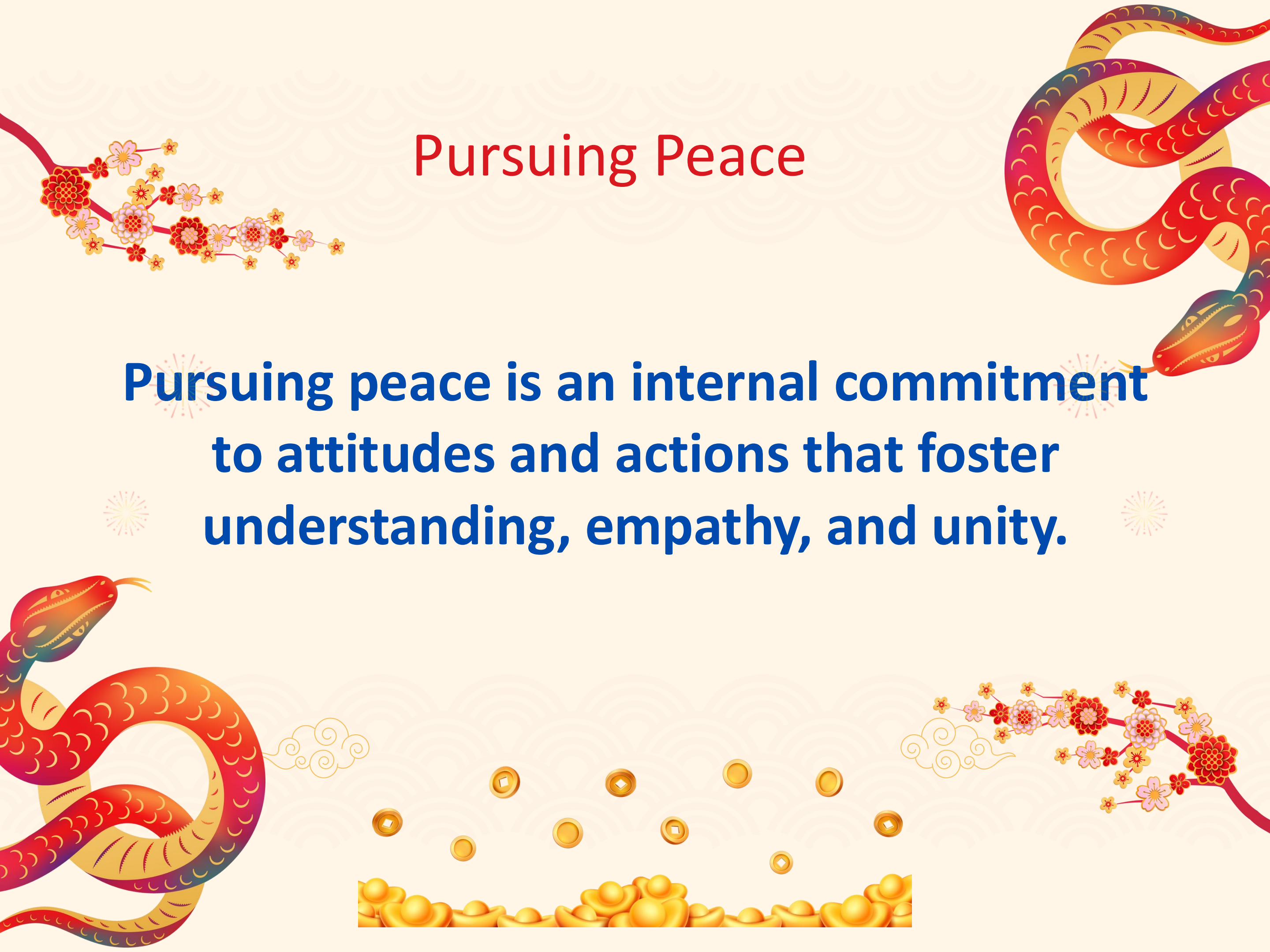
Pursuing Peace



- Live harmoniously with others does not equal not speaking up.
- Living harmoniously with others does not mean trying to “keep the peace” in a toxic situation.
- Pursuing peace does not mean everyone is always happy with each other.

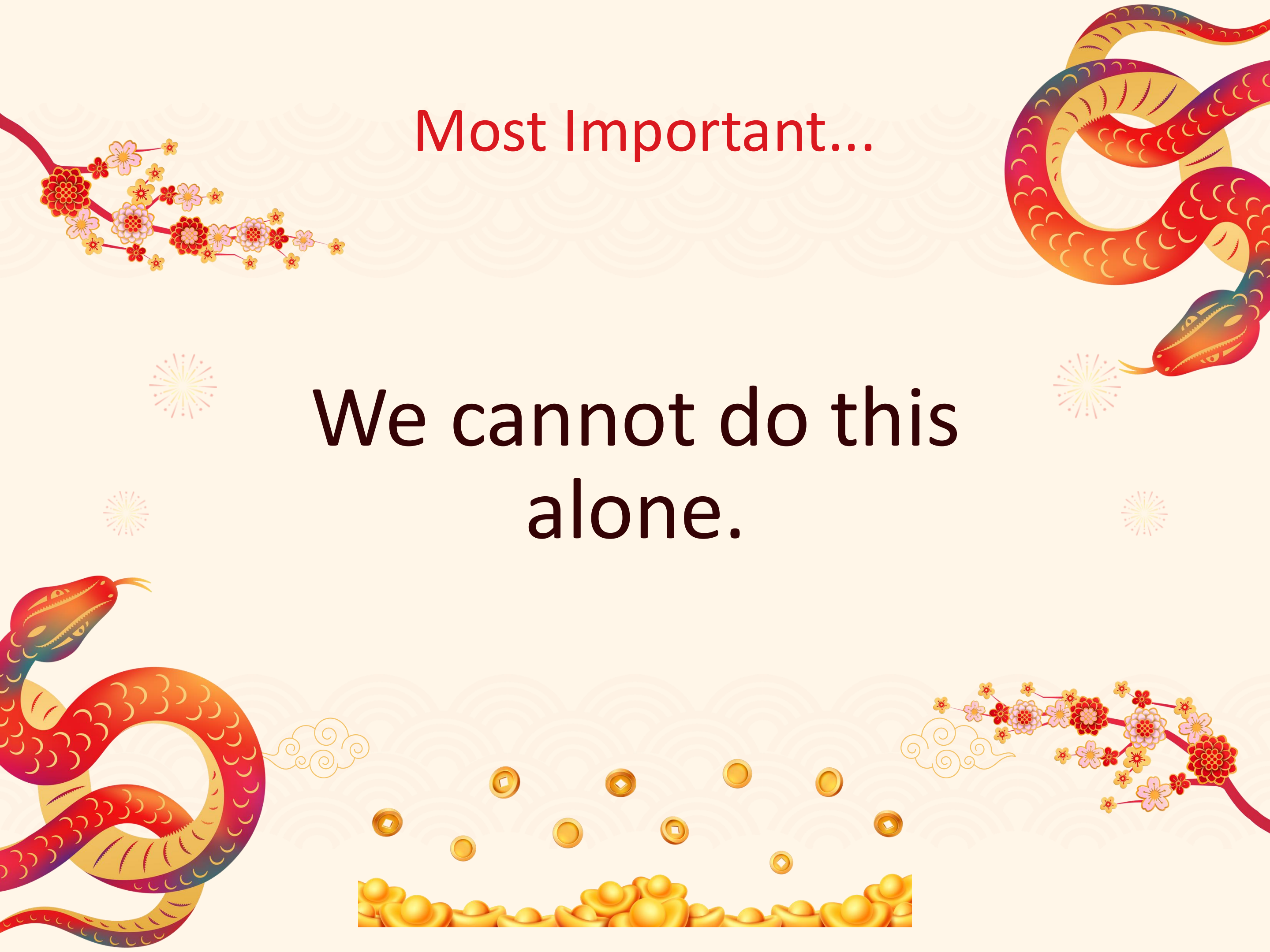
Pursuing Peace


**Pursuing peace is an internal commitment
to attitudes and actions that foster
understanding, empathy, and unity.**



Most Important...

We cannot do this
alone.





Do not be overcome by evil;
but overcome evil with good.

Romans 12:21