

Ruth 1:3-5 NIV

Now Elimelek, Naomi's husband, died, and she was left with her two sons. They married Moabite women, one named Orpah and the other Ruth. After they had lived there about ten years, both Mahlon and Kilion also died, and Naomi was left without her two sons and her husband.

Ruth 1:13b, 19-21 NIV

No, my daughters. It is more bitter for me than for you, because the LORD's hand has gone out against me!... So the two women went on until they came to Bethlehem. When they arrived in Bethlehem, the whole town was stirred because of them, and the women exclaimed, "Can this be Naomi?" "Don't call me Naomi," she told them. "Call me Mara, because the Almighty has made my life very bitter. I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me."

**Bitterness** - *Anger and disappointment at being treated 'unfairly'*

Proverbs 14:10 NIV

Each heart knows its own bitterness, and no one else can share its joy.

## Bitterness Blocks Blessing

Don't blame, vent!

Job 7:11 NIV

Therefore I will not keep silent; I will speak out in the anguish of my spirit, I will complain in the bitterness of my soul.

Don't push away, embrace!

Ruth 1:16-18 NIV

But Ruth replied, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me." When Naomi realized that Ruth was determined to go with her, she stopped urging her.

Hebrews 12:15 NLT

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Don't mope, move on!

Psalms 71:10 NIV

Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.