

The Root of the Matter
Hebrews 12:14-15

As Christians we are invited to have our hearts rooted in the love of Christ. However, we can choose instead to allow bitter roots to form in our hearts. Whenever we sense the presence of a bitter root within, we are invited to follow this process:

1. **Confess** the bitter root that is present. Honestly admit and own your sinful reactions to the wounds you have received.
2. **Repent** of the practices, mindsets and judgments that have formed the bitter roots. Don't settle for remorse; press on to true change.
3. **Forgive** those whom you have judged, resented and held bitterness toward. Release them into God's hands.
4. **Invite** the Holy Spirit to anchor your heart more deeply in Christ and keep a close watch over your heart.

*O Lord,
I pray that out of
Your glorious riches
You may strengthen me
with power through Your Spirit
in my inner being,
so that Christ may dwell
in my heart through faith.
And I pray that I,
being rooted and established
in love,
may have power,
together with all the saints,
to grasp how wide,
and long,
and high,
and deep
is the love of Christ -
And to know this love
that surpasses knowledge.*