

### **3 day Self care devotional: Grace That Conquers Bitterness.**

*Our Bible App.*

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Day one.

#### ***The Grace of God.***

Psalm 73:21-28. The Message

**21-24** *When I was beleaguered and bitter,*

*totally consumed by envy,*

*I was totally ignorant, a dumb ox*

*in your very presence.*

*I'm still in your presence,*

*but you've taken my hand.*

*You wisely and tenderly lead me,*

*and then you bless me.*

**25-28** *You're all I want in heaven!*

*You're all I want on earth!*

*When my skin sags and my bones get brittle,*

*God is rock-firm and faithful.*

*Look! Those who left you are falling apart!*

*Deserters, they'll never be heard from again.*

*But I'm in the very presence of God—*

*oh, how refreshing it is!*

*I've made Lord God my home.*

*God, I'm telling the world what you do!*

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God approaches us with grace and tender loving care. We are blessed with the ability to show the same grace that has been given to us. This Grace not only changes our approach to God but should teach us how to care for others.

Grace is the catalyst that God uses to wake us up from our deep slumber of hard hearted bitterness and make us soft and loving. The way we think is molded by God's grace, and the tone of that grace should instruct us and change how we respond to the stress of life.

Grace is accessible to us in this very moment and is perfectly exemplified by our most loving God. Look for God's grace in your life, and let it soften your heart.

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Day two.

***The Price of Grace.***

Amos 5:4-9,14-15. The Message

**4-5** *God's Message to the family of Israel:*

*"Seek me and live.*

*Don't fool around at those shrines of Bethel,*

*Don't waste time taking trips to Gilgal,*

*and don't bother going down to Beer-sheba.*

*Gilgal is here today and gone tomorrow*

*and Bethel is all show, no substance."*

**6** *So seek God and live! You don't want to end up*

*with nothing to show for your life*

*But a pile of ashes, a house burned to the ground.*

*For God will send just such a fire,*

*and the firefighters will show up too late.*

**7-9** *Woe to you who turn justice to vinegar*

*and stomp righteousness into the mud.*

*Do you realize where you are? You're in a cosmos*

*star-flung with constellations by God,*

*A world God wakes up each morning*

*and puts to bed each night.*

*God dips water from the ocean*

*and gives the land a drink.*

*God, God-revealed, does all this.*

*And he can destroy it as easily as make it.*

*He can turn this vast wonder into total waste.*

**14** *Seek good and not evil—*

*and live!*

*You talk about God, the God-of-the-Angel-Armies,*

*being your best friend.*

*Well, live like it,*

*and maybe it will happen.*

**15** *Hate evil and love good,*

*then work it out in the public square.*

*Maybe God, the God-of-the-Angel-Armies,*

*will notice your remnant and be gracious.*

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Grace will so often cost us something. Living a life of peace and restoration takes effort and sacrifice. In life we can get caught up in hurry and stress, and that takes a large toll on our countenance. We must remember that God is the one that turns the world day to day, keeping in perfect balance the harmony of the universe.

God's provision for our life is a grace that gives us the ability to live the life we have always dreamed of living. God's love empowers us to have a life that has the ability to be overflowing with a grace that change the world around us.

Grace does not guarantee that everyone will love us. It does not fix all the problems we will face in day to day life. Grace is a disengagement tool that positions us to release bitterness and see the opportunity for kindness, justice, and goodness in the world.

Extending grace to others is pivotal in changing ourselves and changing the world. Look for God giving you an opportunity to extend grace. It might not only cost you, but change you for the better.

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Day three.

***Living full of God's grace.***

Ephesians 4:1-3, 31-32. The Message

**1-3** *In light of all this, here's what I want you to do. While I'm locked up here, a prisoner for the Master, I want you to get out there and walk—better yet, run!—on the road God called you to travel. I don't want any of you sitting around on your hands. I don't want anyone strolling off, down some path that goes nowhere. And mark that you do this with humility and discipline—not in fits and starts, but steadily, pouring yourselves out for each other in acts of love, alert at noticing differences and quick at mending fences.*

**31-32** *Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.*

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Grace harbors forgiveness and peace. Carrying grace grants the opportunity to create the peace in situations where peace may seem inaccessible. Grace brings the understanding that God holds the situation at hand and gifts us the ability to act in love, in the face of adversity. This is such an important tool in life, and helps us de-escalate situations that invite bitterness to our heart.

Grace is a response from our heart that connects our humanity to the humanity of others. We have all been in positions to need grace, and also to dispel bitterness. Actively look for opportunities to extend grace to others and to find ways to tackle the bitterness that can so easily take root and grow wild in our heart.