



## **Bitterroot Judgments and Inner Vows**

We often make judgements on others, ourselves and God and then we live from those judgments. Often our judgments stem from a root of bitterness.

Hebrews 12v15 says, *“See to I that no one comes short of the grace of God; that no root of bitterness springing up causes trouble and by it many are defiled”.*

### **Belief about God**

#### **Examples:**

“God has abandoned me / He lied to me / He sent me here to hurt me / He doesn’t like me.”

**Possible judgment** = God is bad and untrustworthy

### **Belief about yourself**

#### **Examples:**

“There must be something wrong with me. That’s why I feel this pain. That’s why they don’t want me.” **Possible judgment** = I need to just go away/ or, no matter what I do, I’ll never be good enough.

### **Belief about others**

#### **Examples:**

“Mother is weak. Father is bad. Those in charge are incompetent.”

**Possible judgment** = I can’t trust anybody / I have to do it myself / There’s no help for me.

### **Belief about life**

#### **Examples:**

“Life is too hard / Life is bad / I’m on my own.”

**Possible judgment** = I would be better off dead.

What happens when we judge others or ourselves for that matter? We condemn ourselves. As you will see in the following paragraphs, we put ourselves in a place of captivity.

*Romans 2v1-3 “Therefore you are inexcusable, O man, whoever you are who judge, for in whatever you judge another you condemn yourself; for you who judge practice the same things. But we know that the judgment of God is according to truth against those who practice such things. And do you think this, O man, you who judge those practicing such things, and doing the same, that you will escape the judgment of God?”*

<sup>1</sup>The roots are hidden structures or habitual ways we *drink* or receive from God and others. If the system root is bitter we drink harm to ourselves. Even good is poisoned by being filtered through the bitter root.

Bitterroots come from condemning judgments of others, ungodly or sinful responses or reactions to our hurts and negative situations, and from the inability to forgive.

Therefore bitterroots are not what has happened to us or the sins of what others have done to us, it is our sinful responses to those things that have happened to us that are deeply ingrained within us.

Bitterroot judgements infect the mind with bitter root expectancies. It is a habit of a self-fulfilling prophecy by which we push others to fulfil our picture of the ways things will go, e.g. women are always controlling, men can't be dependable, or no one ever listens to us.

Often, these judgments are seeds planted in childhood, and they may be forgotten by the one who made the judgement. Only after the child grows up does that bitter root expectancy come into play. For example, the little boy who judged his critical mother, thereby judging all women that they will all be critical. That boy will have that imprinted on his heart, and he will reap through his wife and other women.

## **Root springing up**

*You cannot kill the root by picking the fruit.*

Because these bitterroots are formed in early childhood and they may be forgotten or hidden, the right environment or season will see them spring up.

There are three laws that come into effect: gravity, every action has an equal and opposite reaction and equation must balance. Therefore there is a consequence.

- **Honouring your father and mother** - *Deuteronomy 5v16 "Honour your father and mother as the Lord your God commanded you so that you may live long and that it may go well with you in the land the Lord your God is giving you"*. It is from our parents that the majority of bitterroots have their beginnings. From our judgement of them, these roots are established, and trouble ensues. Our parents are often themselves broken people doing their best and sometimes our perception of what they did is clouded by our perception of their motives. Obviously, we are talking now under normal circumstances as with SRA or other forms of severe childhood abuse; there is no perception; we know what we know. So we may honour our father and mother now but some other the judgments we made were made a long time ago.
- **Judging** - *Matthew 7v1-2 "Do not judge or you will be judged. For in the same way you judge others, you will be judged and with the measure you use it will be measured to you"*. Judgement can be deliberate and calculated or can be from early childhood, even from as far back as the womb. Or it can be slowly developed over time. However it develops, the consequences are real and can be destructive to you and others if not dealt with. Many are defiled. In reaction to wounding, we judge:
  - Ourselves - stupid, failure, ugly, unlovable, undeserving
  - God - failed us, short-changed us, doesn't care, unable to help us
  - The person who caused wounding - evil, deserving of our sentence

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<sup>1</sup> John and Paula Sandford: *Bitter Root Judgements and Expectancy*. (2017, May 17). YouTube. Retrieved <https://www.youtube.com/watch?v=uuk7RmZdfzw>

- The person who should have cared for us - uncaring, unloving, incompetent, ridiculous

*Example:* A woman had an alcoholic father, the mother could not cope, and therefore, she ended up in a children's home. She ended up with a string of broken relationships - drug addicts/ alcoholics who left her. She now pushes and expects her current husband to do the same.

*Romans 2v1 "You therefore have no excuse who pass judgment on someone else for at whatever point you judge the other, you condemn yourself."*

*James 4v12 "There is only One Lawgiver and Judge, the One who is able to save and destroy. But you; who are you to judge your neighbour?"*

- **Sowing and reaping** - *Galatians 6v7 "Do not be deceived God is not mocked. A man reaps what he sows. The one who shows to please his sinful nature, from that nature will reap destruction".* You do not sow a seed and reap a seed. 1 years seeding = 7 years weeding. Sow criticism and it comes back with interest. The longer it is left unchecked the bigger the return. The law is designed to bless. *Galatians 6v7 "The one who sows to please the Spirit will reap eternal life".* It is not a contradiction of the law of judgement. Criticism for criticism. Laziness for laziness. Alcoholism for alcoholism. The law does ensure multiplication. *Hosea 8v7 "Sow a whirlwind, reap a whirlwind".* Who is responsible and accountable?

There is goodness in all this. Jesus has made a legal transaction on the cross.

*Romans 8v1-2 "There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death."*

*Colossians 2v13-14 "And you, being dead in your trespasses and the uncircumcision of your flesh, He has made alive together with Him, having forgiven you all trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross."*

## **How do we deal with the bitter roots?**

### ***Identify them:***

Ask God to show you any possible bitter roots in the area of:

- Relationships with parents
- Relatives
- Authority figures
- Others

Recurring patterns of behaviour:

- Habits
- Conflicts
- Where things are going continually badly
- Where you appear to be reaping the same thing

### **The Process:**

### **Confess:**

- For the sin of making a judgement against (person/s you judged)

**Repent:**

- For making the judgement
- For the ungodly responses based on the judgement
- For giving the enemy a place in your life through it

**Offer forgiveness:**

- To the one who sinned against you, forgive the person/s for what they did.

**Renounce:**

- The bitterroot of whatever the accusation or judgement against another was and come out of agreement with it - reject it.

And then:

- Receive the forgiveness (1 John 1v9)
- Break any stronghold or power that has taken advantage of this judgment.
- Demolish any structures - habits, responses, attitudes, ways of thinking
- Impart life - Godly expectancy
- Pray for healing - damaged emotions, broken hearts, brain pathways
- Pray for protection and the Holy Spirit to remind you if you are tempted to go into judgment again.

And finally - *James 2v12-13 "Speak and so do as those who will be judged by the law of liberty. For judgment is without mercy to the one who has shown no mercy. Mercy triumphs over judgment"*.

## **31.9. INNER VOWS**

When doing the Timeline Process, we need to pay particular attention to all the areas that can keep us in captivity. Just as we saw with the bitterroot judgments, inner vows can also keep us in a place of reaping the consequences of those vows. They also become self-fulfilling prophecies.

*"The tongue has the power of life and death" - Proverbs 18v21.*

In Part 1 we discussed that inner vows are often made to protect ourselves from connecting with the pain of what we have believed, we make judgements about people and situations and then we make promises (inner vows) to ourselves.

Inner vows often start with words like 'I will never....' or 'I will always....'

When we are having ministry or praying into these areas, if we come close to that wounded place, we are pushed away by the inner vow. Those inner vows keep us in captivity by what we have spoken or sealed in our hearts.

Again, to recap some examples, it is important to really ask the Holy Spirit to reveal what you have vowed:

### **1. Belief about God**

**Inner vows** - I will never trust God again / I will never talk to God again / I will never listen to God again / I will never be vulnerable again.

## 2. Belief about yourself

**Inner vows** - I will make them love me (by becoming the boy Daddy always wanted; by trying really hard; by being perfect; by never making a mistake, etc.) I will never let anyone close enough to hurt me like that again. I will be very good. I will show them.

## 3. Belief about others

**Inner Vows** - I will never trust anybody again / I will take care of everybody / I will be better than them.

## 4. Belief about life

**Inner Vows** - I will die / I will not be here / only I can take care of myself.

What to do if you have made inner vows and recognise that they have stopped you from moving forward in life or blocked opportunities or relationships?

### The process:

#### Confess:

- The inner vow - name the inner vow/s you have made.

#### Repent:

- For making the inner vow and for allowing it to stand above what God has for you.
- For any actions you took because of the inner vow.
- For giving the enemy a place in your life.

#### Offer forgiveness:

- Toward the one who sinned against you or hurt you, causing you to make that vow.

#### Renounce:

- The inner vow - say you no longer partner with it.

And then:

- Receive the forgiveness (1 John 1v9)
- Break any stronghold or power that has taken advantage of you because of the inner vow.
- Demolish any structures - habits, responses, attitudes, ways of thinking
- Ask God to cleanse your lips so that you only speak His truth and future for your life from now on.
- Impart life - Godly expectancy
- Pray for healing - damaged emotions, broken hearts, brain pathways
- Pray for protection and strengthening in those areas until you are fully healed.

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