

Part 4 - Examples of Judgments

Dear Friends,

I've been pondering how best to describe healing bitter root judgments and inner vows and decided to use some examples that I have encountered within myself and within the people with whom I pray ... with their permission, of course.

This discussion is a little lengthy so I'm going to divide it into two parts. This first part addresses judgments: How they are formed, how they manifest, how they are discerned and how to clean 'em up.

As I have mentioned in the preceding teachings, most, if not all, judgments are accompanied by a subsequent inner vow. Because of length, I discuss the inner vows that go with these judgments in the sister teaching, Examples of Inner Vows. Please read both because judgments and vows go together ... like ... er ... like handcuffs on a prisoner.

I. The Heart

First, a note about the human heart or subconscious, if you will. It has been my observation that the heart is emotional in nature and believes what it feels. Also, the heart does not make the distinctions that the rational mind makes. The mind will reason that if one man is unkind that does not necessarily mean that all men are unkind. Not so with the heart. For example, if my father is mean, then my heart might believe that ALL men are mean. It will certainly believe that ALL FATHERS are mean, because the heart recognizes father, mother, sister, brother, man, woman, them, him and her. It's an all or nothing world to the heart, because the heart thinks in categories. So if the heart judges one man, the heart is, essentially, judging all males. This judgment will include God. Thus, one problem with bitter root judgments is they metastasize to include anything and everything the heart views as being in the same category.

for with the heart a person believes ... Romans 10:10

So, when searching for bitter root judgments, listen for words like these: All, every time, everyone, never, always, nobody, forever and ever.

Here's an example: I have an elderly family member who has been hurt badly by the menfolk. I don't know all the details, but I do know that she has judged with condemnation those who have hurt her because of what comes out of her mouth. Here's what she says: "All men are stupid." She means it, too. Now, this lady has a son and several grandsons whom she loves. Nevertheless, All Men Are Stupid.

For the mouth speaks out of that which fills the heart. Matthew 12:34

For more on the heart, see the teaching [The Heart](#).

II. The Formation of Bitter Roots

A. Circumstances

Example One. A baby girl is born severely allergic to many foods. It takes months of trying different formulas before one is found that does not produce burning diarrhea and vomiting. The only comfort this baby is able to enjoy is being held by her parents.

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Otherwise, she cries. Over time, her exhausted parents begin to leave her to cry ... alone ... in unrelenting pain and hunger. Her sensitive spirit tunes into their frustration and anger. Her heart soaks up the emotions in the atmosphere.

Example Two. A little boy is left in the care of his teenage brothers while Dad works and Mom goes to school. The big brothers are annoyed by his tagging along. One of them punches and kicks the child. The other takes him into the woods and leaves him. They just want to get rid of their pesky little brother. Oh. Did I mention that the little boy was his parents' last chance for a girl?

Example Three. An 8-year-old girl shops with her mother. She is looking for the perfect shoes. The child becomes so caught up in all the choices and wanting to find exactly the right shoes that she prolongs the shopping trip beyond her mother's endurance. Her mother loses her temper and rages at the child who did not know she was doing anything wrong.

Example Four. While in the womb a baby boy discerns that his mother is depressed and uninterested in being pregnant again. He doesn't understand why mother isn't excited about him. He wonders what is wrong with him.

Example Five. The doctor warns this expectant mother not to bond with baby until after the first trimester is successfully completed. You see, she had miscarried her last baby during the first trimester. The mother obediently follows doctor's orders. When baby reaches out to her mother to bond, the mother rejects the bond. After the first trimester has passed, the mother reaches out to baby and baby rejects mother.

B. Resultant Beliefs and Bitter Root Judgments

A quick observation here: we form bitter roots as children so they are, quite naturally, childish. So look for what a child would believe in the circumstances.

Example One. The allergic baby formed the belief that she is just too much trouble. Her bitter root: Everyone would be better off without me.

Example Two. The pesky little brother already "felt" something was wrong with him because of his parents' deep desire for a girl. The abandonment he felt when his parents left him in the care of his older brothers reinforced his sense that he was not wanted. His bitter root: Everyone wants to get rid of me.

Example Three. This little girl was loved and wanted, but once before her mother had overreacted badly when her daughter had committed an innocent and childish mistake. At that time, the child had purposed in her heart to be a "good" little girl. But the shopping incident proved serious enough to shake the foundations of her being. She believed she should have known better, when it was impossible for her to have known at all. Her bitter root: I'm slow and stupid.

Example Four. This mother was simply not ready to be pregnant again. But her disinterest felt like rejection to this baby boy. He must not be very important if his own mother isn't excited about him. His bitter root: I'm boring and unimportant.

Example Five. Believing herself spurned by her mother, baby protects herself from further hurt by rejecting mother. Her bitter root: She doesn't want me.

III. Discerning Judgments

There are a number of ways that judgments are outed.

1. The first and easiest way to identify judgments is by what comes out of our mouths. We need to pray that the Lord will help us to pay attention to what we say and to what others are saying.

Pray like this: Lord, make me aware of what is coming out of my mouth and out of the mouths of others.

2. Another way we can locate judgments is by how we "feel" around a certain person or by how we feel in certain circumstances. Again, this requires that we tune in to ourselves and to others. Feeling is a primary way of discerning. Never discard how you feel around a person or in a circumstance. Ask the Lord to take you to the cause of the feeling.

Pray this: Lord, make me aware of what I am feeling. Reveal to me the cause of the feeling.

Here's an example. I'm a pretty talkative person. But, when I am around a certain man I know, I cannot push a word out beyond, "Hi. How are ya?" I go completely blank. I've asked within my circle of friends and nobody can think of a thing to say when they are around this guy. We all go blank. It is very weird.

In all likelihood, this man has a bitter root judgment. Maybe, something like "No one wants to talk to me." Guess what? We do want to talk to him, but we can't think of a thing to say. That's how much our bitter root judgments can affect other people's behaviors. Pretty scary, uh?

3. Listening to what you are thinking is very helpful. I was taught in church to take every thought captive and to rejoice in the Lord always. I thought this meant I was supposed to push away bad thoughts and suppress bad feelings. I was wrong.

Here's a better way. Listen to what you think and feel what you feel. Really feel those feelings and hear those thoughts. Then capture them by pulling the thoughts and feelings to you. Using your sanctified imagination, go before the Lord with your prisoners. Ask Him questions. Say, "Look at what I caught." The Lord will do the rest (*Hebrew 4:16*).

Pray this: Lord, teach me to listen to my thoughts and feel my feelings. Help me remember to embrace these things and bring them to You, asking You what is this?

4. Reoccurring memories, especially if they are painful, are a pretty sure sign there is work to be done in the heart. I used to respond to painful memories by rebuking the devil. Now, I press into them. That was hard to do at first because, like most of us, I'm afraid of pain. But I learned to embrace my pain and to invite Jesus into the memory.

Pray this: Lord, teach me to pay attention to my memories. Help me press into them and invite You to join me there.

5. How we react, or how others react, in a given situation also reveals what is in us (*Mark 3:1-6*). Often God will lead us into circumstances that put us under pressure. The pressure will force to the surface what is in our hearts. God's purpose is not to embarrass us or cause us to despair. He wants us to know ourselves, so that we can repent and be healed (*Matthew 13:5*).

Pray this: Lord, teach me to bring my reactions to You to be examined in Your light.

IV. Healing judgments

When we judge others, we are dooming ourselves, because we WILL do the things for which we have condemned others (*Matthew 7:1-2*).

In order to escape the consequences of our judgments, we must acknowledge them and repent. Please consider using the following list of steps as a guideline.

A. Recognize that you have overstepped God's boundaries when you judged with condemnation (*James 4:12*).

B. Say you're sorry for thinking you needed to do God's job for Him.

C. Ask the Lord to reveal to you how you have done the same thing. The little girl whose mother was so impatient admitted that she herself had been impatient with her children. In this way, you will identify with the sinfulness of humanity. No one is better. All have sinned ... (*Romans 3:23*). It is very healthy to accept your humanity in all its glory AND all its ugliness.

D. Say you're sorry for thinking you are better than others. I realize this can be difficult when someone has abused you. I was abused, so I know. Here's how the Lord helped me. He asked me if I had, in any way, done something similar to what my abusers had done. I thought a bit, then had to admit that I had been cruel to others and to myself. So, in this way, I am like those who hurt me. I'm not better.

E. Release the debt/sin you are holding against yourself or the other person. Say, I release this. I will not retain sin (*John 20:23*). You may have to practice this.

F. Ask for the Lord to heal the hurt. The hurt is genuine and needs healing.

G. Ask the Lord to teach you new ways of thinking in this area.

Let's pray.

Holy Creator God, You are wonderful always. I bless You and I bless Your people. Please teach us how to locate, repent and heal from all the judgments we made in response to the pain of life lived in a sinful world. Please train us and release us to bring this healing to others. In the glorious name of Jesus Christ, Amen.