

HOW TO LIVE WHEN HE'S BITTER AND HOLDING A GRUDGE

I am certain you are familiar with the scripture in Colossians chapter 3 that says Husbands, love your wives, and be not bitter against them, right? Well what happens in your life when he is being bitter, meaning he is holding a grudge. I don't know about you but it is definitely frustrating that Brandon doesn't express his bitterness like I do. As women, When we feel bitter, we unleash words as often as we can think them but when men get deeply upset, they usually clam up and go silent or do a disappearing act where he tries to exist any place you are absent from. What is a wife to do while she's in this waiting period of her husband's bitterness? I think it's a good idea to redeem the time instead of fixating on the problems and how to resolve them.

As with us women, God left this issue to the husband. He alone is responsible for ceasing his bitterness. Not that that has stopped us from begging him to talk to us, but we all know we have to wait for his anger or frustration to run its course before he will rejoin our relationship. Everytime I talk about a man exercising his freedom to act up, there is always some biddy in the comments who accuses him of being a narcissist or a big ole dumb baby. God left instructions for us to respect and obey and after we've exercised our freedom to act up, we also become ready to submit to the will of God that we may have peace in our relationship. So, anyway, husbands are gonna do what they do and our job during this tough time is to redeem the time.

By redeeming the time I mean, remember the scripture that says she that is married careth for the things of the world, how she may please her husband. It's in 1 Corinthians 7. Well when you are married, marriage occupies a ton of your mental space and efforts, right? Well, if your husband has checked out, so to speak, you can live, in a mild way, like a single woman. Now I do not mean to say it's time to go clubbing or anything, I mean the verse in 1 Corinthians 7 that says The unmarried woman careth for the things of the Lord, that she may be holy both in body and in spirit.

Paul goes on to say that he says this for profit not as a snare that ye may attend upon the Lord without distraction. This. This is what I mean. The distraction of marriage can be placed on a back burner, especially if you are a homemaker who's at home while he's at work. This is a perfect opportunity to tune into the Lord during this distressful time, building myself up on my most holy faith.

In my own life, when my husband tarries in forgiveness and reconciliation, I used to whine and pout and beg and plead and slam doors and imagine all sorts of retribution and call him twenty times and lay on my bed crying and raging because he didn't call me back and plotting my next conversation to win the argument and on and on and on, literally wasting the entire 8 hours he's gone only to continue this tirade the absolute second he hit the door. Can you tell how irritating I must have been? Anyway, this is useless effort and an occasion for the flesh to grow stronger while inviting the devil to

move closer. It wasn't until one day, while violently thumbing through the psalms for a prayer of deliverance from my enemy that I got entirely absorbed in reading the bible. I was reading a psalm that David wrote at a particular time so I went to the Samuels to read it while pondering the psalm that was inspired because of it. It was terribly fascinating. Then I found a sermon about that specific psalm and listened to that while I cleaned up the house. Then I took a walk to pray and confess my sins and tell the Lord all about what I just read and listened to and guess what? Focusing on the Lord was exactly what I needed to do. My distress led me to the healer of all of my hurts. This is the expulsive power of a new affection. That's a book title that I read through whenever I feel that my marital issues are much bigger than they ought to be.

Anyway, drawing closer to the Lord had a purifying effect upon me and a pruning effect. I was able to attend upon the Lord without distraction. Just reading the word and listening to my pastor expound upon the word was consuming my thoughts and my heart and it expelled, in a sense, my preoccupation with myself and my situation. All of this took place over several hours so by the time Brandon made it back home and searched my face immediately upon entering to see if I was still upset, I had a completely different countenance. I was refreshed in the word, set right and had basked in many hours of contemplation and worship and I was a better woman for it. I was able to humbly apologize and express my regret without guile or manipulation behind it. So I made it my mission to just enjoy this break. Now I will disclose that my husband sometimes ices me out for a couple of days. I absolutely hate it but since I have learned to redeem my time in the most useful way, I actually look forward to the break from marriage. Now I do not mean to suggest I stop taking care of him and being respectful and kind, I still do that because remember in 1 Peter 3, he is observing my chaste conversation coupled with fear. So I am friendly but I know we will spend most of our time apart from each other and that means I can get whole books of the bible read in one day and increase my sermon listening to 3 or 4 each day. I will also disclose that I do a fair amount of writing the scripts for these youtube videos during my husband's bitter phases...yes, I am in one of those times now. I really messed up guys and he is very upset with me and this feels like a 48 hour thing. Now we are both in sin and error but I am a faster forgiver than he is so I have already downloaded about 15 sermons onto my tablet and I am going to start a new devotional book as well as rereading GEPC-g,e,p,c its my acronym for remembering the order of the books of galatians, ephesians, philippians and colossians. Sure I could follow him around with my sad sad eyes hoping he'll notice me or maybe wish something dramatic would occur so he would be forced to rescue me OR I could redeem the time in the furtherance of my faith.

So yes, my marriage is on a rocky footing right now but I am about to pursue God with everything I got in me and for that, I rejoice in my afflictions! While it's embarrassing to admit, I have actually lived out all of the examples in my stories, it is my real life, I was a total wreck and you guys are so supportive and kind. And even though I am a crazy woman, I, like the apostle Paul in 2 Corinthians 12 Most gladly, boast [about](#) my weaknesses, so that the power of Christ may dwell in me. **10** Therefore I delight in weaknesses, in [insults](#), in distresses, in persecutions, in difficulties, in behalf of Christ; for when I am weak, then I am strong and most useful to you, my beloved sisters who are partakers of the grace of our Lord and Savior Jesus Christ. I do not mind, Well, I am becoming more okay with being a fool for Christ's sake.

What about you? Have you learned to redeem the time while you are in exile in your marriage? Let me know what you do to chase after the Lord down below in the comments section.

That's it for...