



## AMERICAN LEGION AUXILIARY

Department of North Carolina



### CHAPLAIN'S MESSAGE

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### **“Beware of Bitterness”!!!**

***“Hatred stirs up conflict, but Love covers over all wrongs.”***

Proverbs 10:12 NIV

Hello Fellow Auxiliary Members!

My subject today is going back to what I have been asking each and every one of you to remember and practice: *Love each other and be Kind in all things*. We have just completed a successful Fall Conference and we are heading toward Thanksgiving and Christmas. A lot of us will be caught up in the hustle and bustling of the holiday and festivities. With that being said, weariness, frustration and anger may set in over this or that. But, we must slow down and think about what we say to one another. “The Wise You” states the definition of THINK as the following:

T = Is it true?

H = Is it helpful?

I = Is it inspiring?

N = Is it necessary?

K = Is it KIND?

Romans 12:9 tells us that Love must be sincere. “Hate what is evil; cling to what is good.” God wants us to examine ourselves to determine if we harbor bitter feelings about anything or towards anyone. We have to recognize that it’s time to forgive and move on. Bitterness and regret are not part of God’s plan for us. Luke 6:27 teaches us about loving enemies; “But to you who are listening I say; Love your enemies, do good to those who hate you.”

“Bitterness imprisons life; love releases it.” (Harry Emerson Fosdick).

Let us pray:

Heavenly Father, free us from anger and bitterness. Keep us mindful that forgiveness is Your commandment. Let us turn away from bitterness and instead claim the spiritual abundance that You offer through the gift of Your Son. And Lord, remember our veterans, military men and women as well as their families. Keep them Safe! Amen

Evelyn Lewis

Department Chaplain 2021-2022