

Wayne Castle 10am Sermon Notes

Bitterness: Don't Take the Bait

“Bitterness is like carrying around a backpack full of bricks. After a while, you forget why you packed it and just wonder why your back hurts.”

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2 Samuel 6:12-16 , 18, 20-23

12 Now King David was told, “The Lord has blessed the household of Obed-Edom and everything he has, because of the ark of God.” So David went to bring up the ark of God from the house of Obed-Edom to the City of David with rejoicing. **13** When those who were carrying the ark of the Lord had taken six steps, he sacrificed a bull and a fattened calf. **14** Wearing a linen ephod, David was dancing before the Lord with all his might, **15** while he and all Israel were bringing up the ark of the Lord with shouts and the sound of trumpets.

16 As the ark of the Lord was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David leaping and dancing before the Lord, **she despised him in her heart.**

18 After he had finished sacrificing the burnt offerings and fellowship offerings, he blessed the people in the name of the Lord Almighty.

20 When David returned home to bless his household, Michal daughter of Saul came out to meet him and said, “How the king of Israel has distinguished himself today, going around half-naked in

full view of the slave girls of his servants as any vulgar fellow would!”

21 David said to Michal, “It was before the Lord, who chose me rather than your father or anyone from his house when he appointed me ruler over the Lord’s people Israel—I will celebrate before the Lord. **22** I will become even more undignified than this, and I will be humiliated in my own eyes. But by these slave girls you spoke of, I will be held in honor.”

23 And Michal daughter of Saul had no children to the day of her death.

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Quote:

Bitterness is typically the result of either something that “Did Happen” or something that “Did Not Happen” that resulted in an offense.

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1 Sam 18:20, 27

20 Now Saul’s daughter Michal was in love with David, and when they told Saul about it, he was pleased.

27 David took his men with him and went out and killed two hundred Philistines and brought back their foreskins. They counted out the full number to the king so that David might become the king’s son-in-law. Then Saul gave him his daughter

Michal in marriage.

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1 Samuel 19:11-13

11 Saul sent men to David's house to watch it and to kill him in the morning. But Michal, David's wife, warned him, "If you don't run for your life tonight, tomorrow you'll be killed." **12** So Michal let David down through a window, and he fled and escaped. **13** Then Michal took an idol and laid it on the bed, covering it with a garment and putting some goats' hair at the head.

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1 Samuel 25:44

44 But Saul had given his daughter Michal, David's wife, to Paltiel[d] son of Laish, who was from Gallim.

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2 Samuel 3:14-15

14 Then David sent messengers to Ish-Bosheth son of Saul, demanding, "Give me my wife Michal, whom I betrothed to myself for the price of a hundred Philistine foreskins."

15 So Ish-Bosheth gave orders and had her taken away from her

husband Paltiel son of Laish. **16** Her husband, however, went with her, weeping behind her all the way to Bahurim. Then Abner said to him, "Go back home!" So he went back.

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Quote:

"There can be no disappointment, where there is not deep love." - Dr. Martin Luther King Jr.

1 Sammuel 6:20

20 When David returned home to bless his household, Michal daughter of Saul came out to meet him...

1. Pour Out the Pain

1 Peter 5:7 AMP

casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

- **Trust that He hears**
- **trust that He cares**

2. Practice Fresh Perspectives

- **Before reacting pause and pray**

3. Put on Praise

Isaiah 61:3

and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a **garment of praise**
instead of a spirit of despair.
They will be called oaks of righteousness,
a planting of the Lord
for the display of his splendor.

“Praise” is תְּהִלָּה (tehillah). Tehillah specifically refers to a **song** or **act** of praise directed toward God, often expressing admiration, thanksgiving, or joy.

In Isaiah 61:3, the phrase “a garment of praise” (tehillah) symbolizes a covering or expression of gratitude and worship that replaces a “spirit of despair.” Here, tehillah reflects a **transformative act** of joyful praise to God, lifting the person from sorrow to a state of worshipful celebration.

