

**JOURNEY**

**FREEDOM!**



Traveler's Handbook:  
Uprooting generational  
heart-attitudes and roots

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Uprooting generational  
heart-attitudes and  
roots

There is a balm in  
Gilead that heals  
the wounded  
soul ... in is found  
in the Healing  
Hands of our Abba  
Father

# Amanda Buys' Spiritual Covering

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# *The Priestly Blessing ...*

*Numbers 6:24-26*

“<sup>24</sup> The LORD bless thee, and keep thee: <sup>25</sup> The LORD make his face shine upon thee, and be gracious unto thee: <sup>26</sup> The LORD lift up his countenance upon thee, and give thee peace.”

# *The Priestly Blessing ...*

Hebraic Translation

"YHVH will kneel before you presenting gifts, and He will guard you with a hedge of protection, YHVH will illuminate the wholeness of His Being toward you, bringing order, and He will provide you with love, sustenance, and friendship, YHVH will lift up the wholeness of His Being and look upon you, and He will set in place all you need to be whole and complete."

# The Priestly Blessing<sup>1</sup>

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ:

and may he guard you the LORD may he bless you

May the LORD<sup>2</sup> bless you<sup>3</sup> and keep you<sup>4</sup>

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחַנְךָ:

and show you favor on you his face the LORD May he shine

May the LORD make His face<sup>5</sup> shine<sup>6</sup> upon you and be gracious<sup>7</sup> to you

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם:

peace for you and establish on you his face the LORD may he lift up

May the LORD lift up<sup>8</sup> his face to you and give you peace<sup>9</sup>

<sup>1</sup> This blessing is (ritually) recited (by the kohanim) during synagogue services during *Nesiat Kapayim* ("the Raising of the Hands"), though it is also recited over children on Friday night before the start of the Shabbat meal or as a bedtime blessing.

<sup>2</sup> The name *YHVH* (יהוה) represents God's attributes of love and mercy (מִדַּת הַרַחֲמִים), in contradistinction to the name *Elohim* (אֱלֹהִים), which represents God's attribute of justice and power as our Creator.

<sup>3</sup> בְּרַכָּה (*b'rachah*). Jewish tradition considers this both material and spiritual prosperity. Pirkei Avot 3:15 says, "If there is no flour, there is no Torah," by which is meant that material benefits are intended to help you pursue study of Torah. The first occurrence of the word "blessing" in the Scriptures pertains to *pru urvu* (פְּרוּ וּרְבוּ), "be fruitful and multiply" (Gen. 1:22).

<sup>4</sup> שָׁמַר (*shamar*): To guard, protect, heed, as in the exercise of diligent care. Only God has the power to secure the conferred blessing and keep it from turning sour or from fading away.

<sup>5</sup> The word for "face" (פָּנִים) is plural with the 3rd person singular ending. It is considered metaphorical since God is incorporeal. The plural form is thought by some to indicate God's revealed and hidden attributes in creation.

<sup>6</sup> The hiphil verb (יָאֵר) comes from the word "light" (אֹר), and is thought to refer to God's wisdom. "May God enlighten you" with His wisdom, i.e., the Divine Light that preceded the work of creation (Gen. 1:3).

<sup>7</sup> May God grant you grace or favor (חֵן), i.e., to understand the "breadth and length and height and depth" of God's love (Eph. 3:18). Grace refers to the bestowal of an undeserved gift. The blessing is bestowed even though unearned or unmerited.

<sup>8</sup> Since one's face is an indication of the heart's attitude, Rashi says that this means God will suppress His anger by "looking at you" (if God is angry at you, He "turns His face away" and refuses to admit your presence). The "lifting of face" also pictures God lifting you up as a father might lift up his child in joy. The "showing of face" indicates spiritual intimacy.

<sup>9</sup> All of the other blessings are useless without the establishment of inner peace, and therefore it is the seal of the blessing. Shalom (שְׁלוֹם) is not simply the absence of strife, but a balance and harmony between the finite and infinite, the temporal and the eternal, the material and the spiritual realms. Shalom is a gift from Sar Shalom (שַׂר שְׁלוֹם), the Prince of Peace.

# Contents

Introduction ...	<b>11</b>
Part 1: Bruises of the enemy ...	<b>15</b>
Part 2: The root of bitterness ...	<b>22</b>
Part 3: The root of rejection ...	<b>30</b>
Part 4: Loosing our hurts ...	<b>44</b>
Part 5: The root of rebellion ...	<b>67</b>
Part 6: The cords of Jezebel and the Babylonian family order ...	<b>81</b>
Part 7: The root of pride ...	<b>97</b>
Part 8: The spirit of sonship vs. The spirit of slavery ...	<b>108</b>
Part 9: The victim spirit ...	<b>119</b>
Part 10: The role of blessing in marriage ...	<b>131</b>
Letting it all go ...	<b>151</b>
Preparing the Bride ....	<b>161</b>
Additional resources ...	<b>167</b>

Part 2:  
The root of  
bitterness



This is the number one problem in believers' lives. Some believers will not tolerate sin in their lives ... yet, walk in bitterness. Satan's strategy in the Body of Messiah is to divide and to destroy. Bitterness is the greatest weapon available to him – it is the seedbed of all demonic work. We have been created to live in love and acceptance, not in bitterness.

## **Bitterness will dry you up!**

There is no guarantee that after this lesson you will never get hurt again – you will! However, for our OWN good, Messiah asks us to walk in peace and forgiveness ...

*Hebrews 12:12-15* “12 So then, **brace up and reinvigorate** and set right your slackened and weakened and drooping hands and **strengthen** your feeble and palsied and tottering knees, 13 **And cut through and make firm and plain and smooth, straight paths for your feet** [yes, make

*them safe and upright and happy paths that go in the right direction], so that the lame and halting [limbs] may not be put out of joint, but rather may be cured. 14 Strive to live in peace with everybody and pursue that consecration and holiness without which no one will [ever] see the Lord. 15 Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God's grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it—“*

## **Let's have a look at some of the HEBREW words used to describe the concept of bitter/bitterness ...**

- **M-(a)-R-(a)-R** [Strong's Hebrew 4843/6] meaning:
  - To trickle,
  - Grieved,
  - Provoke and/or vex,
  - Bitter,
  - Moved with bad temper (choler).

Lamentations 1:4 “4 The roads to Zion mourn, because no one comes to the solemn assembly or the appointed feasts. All her gates are desolate, her priests sigh and groan, her maidens are grieved and vexed, **and she herself is in bitterness.**”

Lamentations 3:15 “15 **He has filled me with bitterness;** He has made me drink to excess and until drunken with wormwood [bitterness].”

Ruth 1:20 “20 And she said to them, Call me not Naomi [pleasant]; call me **Mara [bitter]**, for the Almighty has dealt very **bitterly with me.**”

Exodus 1:14 “14 **They made their lives bitter** with hard service in mortar, brick, and all kinds of work in the field. All their service was with harshness and severity.”

- **M-(a)-R-(a)-H** [Strong’s Hebrew 4751] meaning:
  - Bitter,
  - Angry,
  - Chafed,
  - Discontent,
  - Heavy.

Psalms 64:3 “3 Who whet their tongues like a sword, who aim **venomous words** like arrows,”

Proverbs 5:4 “4 But in the end she is **bitter** as wormwood, sharp as a two-edged and devouring sword.”

Proverbs 14:10 “10 The heart knows its own **bitterness**, and no stranger shares its joy.”

Job 7:11 “11 Therefore I will not restrain my mouth; I will speak in the **anguish** of my spirit, I will complain in the **bitterness** of my soul [O Lord]!”

Job 10:1 “**I AM weary** of my life and loathe it! I will give free expression to my complaint; I will speak in the **bitterness** of my soul.”

- **T-(a)-M-R-(u)-R** [Strong’s Hebrew 8563] meaning:
  - Mostly bitter.

Hosea 12:14 “14 Ephraim has provoked most **bitter anger**; therefore shall his blood [guilt] be left upon him, and his disgrace and reproach shall his Lord return upon him.”

2 Kings 17:17-18 “17 They caused their sons and their daughters to pass through the fire and used divination and enchantments and sold themselves to do evil in the sight of the Lord, **provoking Him to anger.** 18 Therefore the Lord was very angry with Israel and removed them out of His sight. None was left but the tribe of Judah.”

Let's look at the picture-meaning of the word **M-R-R** ...

- **MEM:**
  - Stretch out,
  - To extend,
  - To bend,
  - Also refers to water and here we need to understand that water carries something, somewhere.
  - Within this context we need to see that envy and/or judgments are the things that are carried along, and the time will be a reflection of how long this “river of our circumstances” is.
- **RESH:**
  - Head.
  - Herein we understand that man's will and our freedom of choice will determine our path of action.
  - At the same time the concept of head reflects the concept of:
    - Taskmasters and/or slave drivers,
    - Someone who controls others,
    - Who sets limits and boundaries,
    - Which results on poverty.

*What picture do we get?*

Bitterness has the effect of taking the circumstances of our pain and carry them on a river of feelings until the time has come where we find ourselves slaves to the limits of our will/mind choices – we remain slaves to the pain and in the poverty of the consequences.

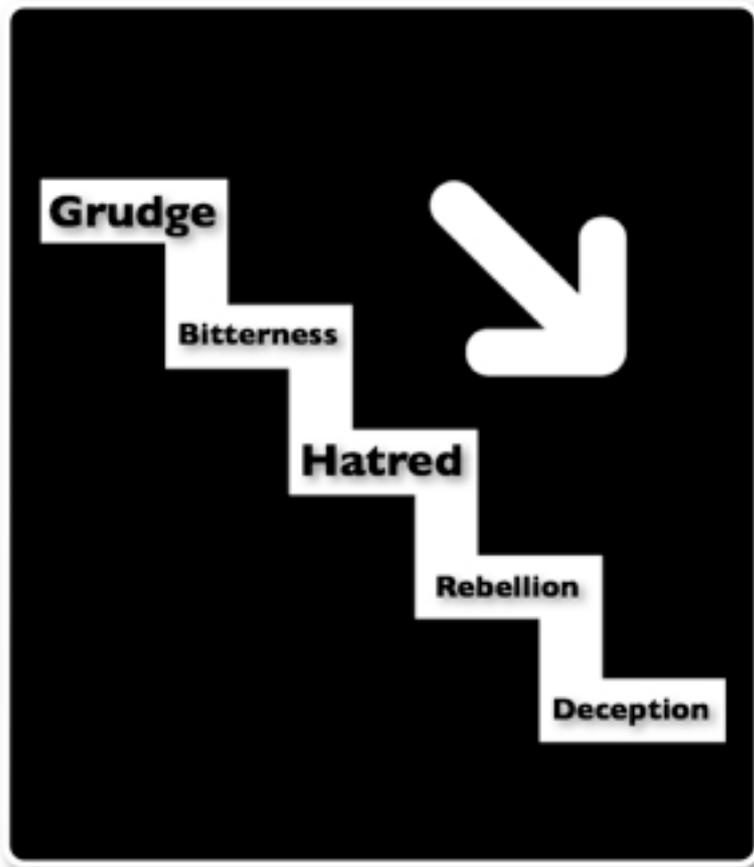
## **BITTERNESS ... a road to bondage.**

- Satan infiltrates the soul and gets a hold in a person's life by bruising. He controls a person through these bruises. Satan uses fellow believers to attack one another. How does Y'shua [Jesus] role-model to handle this hurt? You BLESS, not curse.
- Bitterness comes out of dysfunctional relationships. You cannot drive the bitterness out – you must work with the relationship through which it came in.



Y'shua [Jesus] was bruised by satan, but satan could not get a foothold because Y'shua [Jesus] never became bitter. He always walked in forgiveness. Hurts that you hold onto will always end in bitterness. The motto of many Christians seems to be "resist God, submit to satan, fight everyone around us!" This is BONDAGE! The answer to this should be that the thorn be removed immediately. We must deal with bitterness before it become REBELLION!

## *Progression of bitterness..*



## **The SOURCES of bitterness.**

Bitterness is a ROOT that begins with a grudge. A grudge can come as a result of:

- Unfulfilled needs – bitterness against the family.
- Abuse – physical and emotional, which is very much tied to bitterness against the family.
- Hurts (come from relationships) – bitterness against others.
- Circumstances in life – accidents, death of loved ones, sickness, and so forth. Remember the account of Naomi and Ruth? Like Naomi, many of us are bitter against God.

Events of the past need to be dealt with. Make a list of all that hurt you and the reasons why. We must release bitterness and hatred caused by relationships from the past. Even if a person is dead – you are still bound because the hurt is still alive in your heart.

## The FRUITS of bitterness.

There is a good TEST for whether you have bitterness ... what is your attitude towards people? Do you talk about what happened to you? How often?

- Bitterness is a toxin that poisons the whole system.
  - Comes out in your conversation,
  - Is seen in your deeds and in your attitude.
  - Your physical health deteriorates (arthritis, gout, goiter).
- Bitterness defiles others. Often, parents carry bitterness over to children through having a critical attitude, always being hard or negative, with a sharp tongue. Gossiping is another source of defilement.
- Bitterness builds walls of isolation (prisons).
  - Fear of being hurt again (Isaiah 53, open the prison doors!).
  - Fear and distrust of people.
  - Fear that inner hurts and weaknesses will be exposed (“if I forgive, it means they get off scott-free and they will just hurt me again!”).
  - Loneliness.
- Bitterness always ends in broken relationships.
  - Cut people out of your life (without feeling pain) – hatred, which is emotional murder.
  - Critical attitude towards others – very sensitive. Always blaming others. Cannot maintain steady relationships. Bad track record.
  - Self pity and depression.



## The damage of BROKEN relationships.

- Rejection is a form of hatred. To cut off a relationship, you choose to walk in hatred. It will never solve the problem. Ignoring, silence, and refusing to talk are forms of hatred.

- Broken relationships cause blind spots. These blind spots hinder us from seeing ourselves and others as they really are.

1 John 2:9 11 “9 **Whoever says he is in the Light and [yet] hates his brother [Christian, born-again child of God his Father] is in darkness even until now.** 10 **Whoever loves his brother [believer] abides (lives) in the Light, and in It or in him there is no occasion for stumbling or cause for error or sin.** 11 **But he who hates (detests, despises) his brother [in Christ] is in darkness and walking (living) in the dark; he is straying and does not perceive or know where he is going, because the darkness has blinded his eyes.”**

- Broken relationships cause insensitivity. Your life becomes self-centered with no proper regard or respect for the needs of others. You become “very touchy”, being quick to take offence.
- Broken relationships cause immaturity. The emotional growth of a person could have stopped when he was bruised and will continue again once healing and deliverance take place.

## EMOTIONAL IMMATURITY:

- Selfishness (wants to take everything, gives nothing).



- Jealousy.
- Tantrums (slam doors, stamp feet).

- Always demands own will.
- No deliberate effort to fulfill another's need.
- Show off.
- Sulks/moody (will kick and scream when opposed).
- Spiteful – “I’ll show you!”

We must realize the MATURITY comes through walking in and dealing with relationships! How much do you expect in return when you give? Lay down your own needs for needs of others. When you are a baby, you are a total taker. When you grow up into an adult you need to mature to a place of becoming a total giver.

## **Conclusion ...**

Bitterness will destroy any believer. The precaution against bitterness is to constantly walk in forgiveness ... when satan comes to bruise, do not accept the hurt. Loosen it immediately by forgiving.

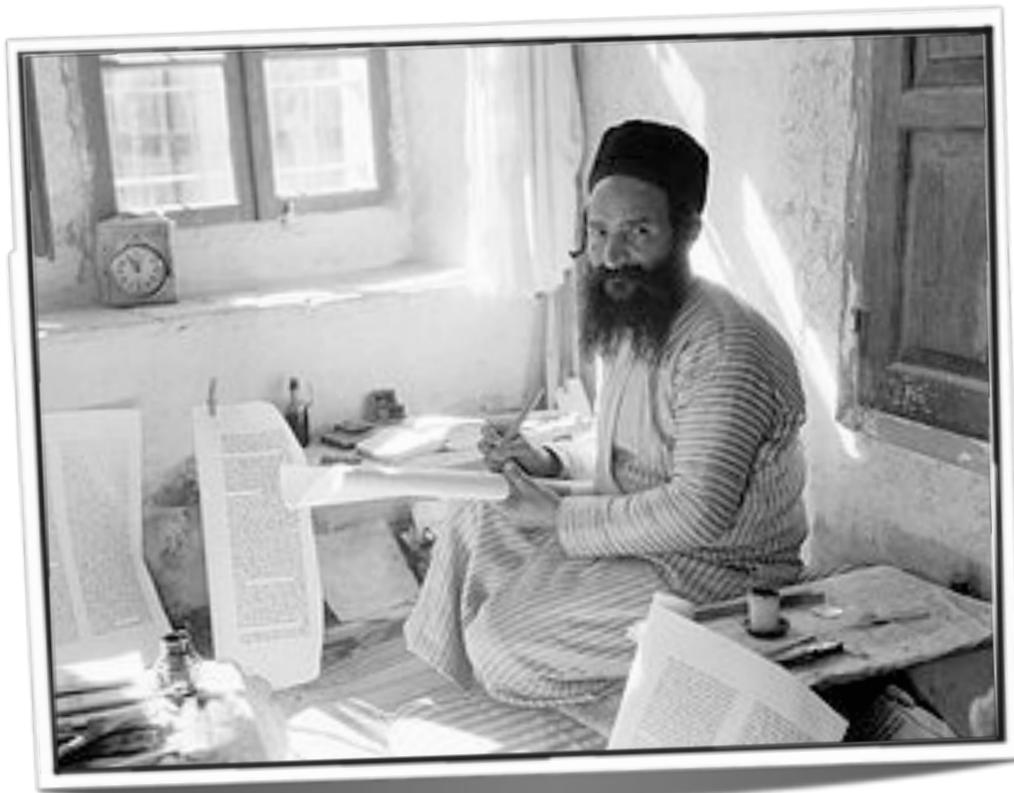


# **The Hebrew Language**

# The Hebrew Language ...

What's the context? It is so important to ask – and answer – this question, particularly when studying the Scriptures. We need to know what the meaning, understanding, culture, and value system of the text was in the language and time the text was written. Our modern-day mindsets cause us to define words within today's meanings, understanding, culture, and value systems ... however, this is often quite a way off from what was the original – and intended – understanding.

The Scriptures were written thousands of years ago in HEBREW, and in an Eastern-Semitic culture. If this is truth, then can we come to a different interpretation of any given passage?



In order to expand our study and understanding of the Word, we need to have a “crash course” in the original language the text was written, ancient Hebrew.

Ancient Hebrew has an alphabet of TWENTY-TWO letters. Obviously, words are written using a combination of these letters [note, there are no vowels]. However, what makes this language even more of an “adventure” is that each individual letter of the alphabet has a unique meaning, picture [symbolism], and number. This means, you can study and understand the plain text as is ... and you can study further by delving into the individual symbolism of the letters. Often, doing this kind of study brings out further meaning and richness to the passage. You will find that we have used this type of study – examining the picture-meaning of the Hebrew words – throughout our materials. We have found this such a blessing in our own understanding of the Scriptures, and trust you will enjoy it just as much! Truly, God's Word is ALIVE!

# Ancient Hebrew<sup>1</sup>

Ancient Hebrew						
Early	Middle	Late	Name	Picture	Meaning	Sound
			El	Ox head	Strong, Power, Leader	ah, eh
			Bet	Tent floorplan	Family, House, In	b, bh(v)
			Gam	Foot	Gather, Walk	g
			Dal	Door	Move, Hang, Entrance	d
			Hey	Man with arms raised	Look, Reveal, Breath	h, ah
			Waw	Tent peg	Add, Secure, Hook	w, o, u
			Zan	Mattock	Food, Cut, Nourish	z
			Hhet	Tent wall	Outside, Divide, Half	hh
			Tet	Basket	Surround, Contain, Mud	t
			Yad	Arm and closed hand	Work, Throw, Worship	y, ee
			Kaph	Open palm	Bend, Open, Allow, Tame	k, kh
			Lam	Shepherd Staff	Teach, Yoke, To, Bind	l
			Mem	Water	Chaos, Mighty, Blood	m
			Nun	Seed	Continue, Heir, Son	n
			Sin	Thorn	Grab, Hate, Protect	s
			Ghah	Eye	Watch, Know, Shade	gh(ng)
			Pey	Mouth	Blow, Scatter, Edge	p, ph(f)
			Tsad	Man on his side	Wait, Chase, Snare, Hunt	ts
			Quph	Sun on the horizon	Condense, Circle, Time	q
			Resh	Head of a man	First, Top, Beginning	r
			Shin	Two front teeth	Sharp, Press, Eat, Two	sh
			Taw	Crossed sticks	Mark, Sign, Signal, Monument	t

<sup>1</sup> [http://elshaddainministries.us/hebrewalphabet\\_old.html](http://elshaddainministries.us/hebrewalphabet_old.html)

# Modern Hebrew<sup>2</sup> ...

MARK	NAME	PRONOUNCED	TRANSLITERATION
א	Aleph	Silent letter	‘ (or none)
ב/בּ	Bet / Vet	b as in boy (no dot: v as in vine)	b / v
ג/גּ	Gimmel	g as in girl	g
ד/דּ	Dalet	d as in door	d
ה	Hey	h as in hay	h
ו	Vav	v as in vine; “consonantal vowel”	v
ז	Zayin	z as in zebra	z
ח	Chet	ch as in Bach	ch (or h)
ט	Tet	t as in time	t
י	Yod	y as in yes; “consonantal vowel”	y
כ/כּ	Kaf/Khaf *	k as in kite (no dot: ch as in bach)	k / kh
ל	Lamed	l as in look	l
מ/מּ	Mem *	m as in mom (sofit form)	m
נ/נּ	Nun *	n as in now (sofit form)	n
ס	Samekh	s as in son	s
ע	Ayin	Silent letter	‘ (or none)
פ/פּ	Pey/Fey *	p as in park (no dot: ph as in phone)	p / ph
צ/צּ	Tzade *	ts as in nuts (sofit form)	ts / tz
ק	Qof	q as in queen	k (or q)
ר	Resh	r as in rain	r
ש/שּ	Shin/Sin	sh as in shy (s as in sun)	sh / s
ת/תּ	Tav	t as in tall	t

\* Has a different form when it occurs at the end of a word (sofit).

<sup>2</sup> [www.hebrew4christians.com](http://www.hebrew4christians.com)