

Bitter, Sweet!

**The Seville orange** is a widely known, particularly tart orange which is now grown throughout the Mediterranean region. It has a thick, dimpled skin, and is prized for making marmalade, being higher in pectin than the sweet orange, and therefore giving a better set and a higher yield. It is also used in compotes and for orange-flavored liqueurs. Once a year, oranges of this variety are collected from trees in Seville and shipped to Britain to be used in marmalade.

The original, and classic, English marmalade, as made famous by Paddington Bear – here's an easy recipe to try:

You'll need:

- 1.3kg Seville oranges
- 2 lemons, juice only
- 2.6kg preserving or granulated sugar

Method

1. Put the whole oranges and lemon juice in a large preserving pan and cover with 2 litres/4 pints water - if it does not cover the fruit, use a smaller pan. If necessary weight the oranges down with a heat-proof plate to keep them submerged. Bring to the boil, cover and simmer very gently for around 2 hours, or until the peel can be easily pierced with a fork.
2. Warm half the sugar in a very low oven. Pour off the cooking water from the oranges into a jug and tip the oranges into a bowl. Return cooking liquid to the pan. Allow oranges to cool until they are easy to handle, then cut in half. Scoop out all the pips and pith and add to the reserved orange liquid in the pan. Bring to the boil for 6 minutes, then strain this liquid through a sieve into a bowl and press the pulp through with a wooden spoon - it is high in pectin so gives marmalade a good set.
3. Pour half this liquid into a preserving pan. Cut the peel, with a sharp knife, into fine shreds. Add half the peel to the liquid in the preserving pan with the warm sugar. Stir over a low heat until all the sugar has dissolved, for about 10 minutes, then bring to the boil and bubble rapidly for 15- 25 minutes until setting point is reached.
4. Take the pan off the heat and skim any scum from the surface. (To dissolve any excess scum, drop a small knob of butter on to the surface, and gently stir.) Leave the marmalade to stand in the pan for 20 minutes to cool a little and allow the peel to settle; then pot in sterilized jars, seal and label. Repeat from step 3 for second batch, warming the other half of the sugar first.

Then hurry up and make some toast to try some!



**Hebrews 12 v15** See to it that no-one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

Bitterness is known in the Bible as spiritual poison and a means by which many are defiled. It is the source of countless spiritual and physical problems in millions of lives today. The Bible tells us that MANY are defiled by the means of bitterness. Bitterness can be tricky to recognize because it's not a symptom or visible on the surface like anger usually is. Many

claim that they aren't an angry or hateful person, but that's not what bitterness is all about. Bitterness is an underlying problem that doesn't always manifest on the outside, but dwells in that person's system.

Bitterness is a root!

What is a root? A root is a source, or a bubbling fountain that is lying under the surface. Roots do not directly manifest or make themselves known, but are a source of nutrition or fuel for other elements that are on the surface. You don't usually see a plant showing off its root system, but if the plant didn't have a root system it wouldn't survive. A root's job is not to manifest on the surface, but to brew under the surface and fuel things that are on the surface.

Let's take a closer look at a plant's root system ... where do the roots dwell? Under the surface of the soil. Can everybody see the root system? No, because it's hidden under the soil or surface. The same is true with bitterness in a person's soul. It is a hidden element that lies under the surface, and out of it springs up anger and other negative emotions against others and against the circumstances around us. People who have a root of bitterness find it easy to get upset over things that others are doing around them. It's like a brewing fountain that lies beneath the surface, waiting to fuel something that is on the surface.

Bitterness can be kept to one's self

Many of people who have been hurt, don't express it on the outside, but rather hold the hurt and bitter feelings inside where they fester and grow. Bitterness is a root, thereby making it harder to identify and expose than many surface issues, but none the less it's a deadly poison that needs to be released. If left alone, it will grow and fester, and it has the ability to spring up many surface issues such as irritability, anger, hatred, etc. Individuals who have a root of bitterness will often find it easy to become upset over little things that go on around them. It is easy for them to look at the circumstances around them as the source of their problems, rather than seeing how they are handling those circumstances. Instead of letting it go and forgiving, they let it get to them, and it devours them alive. This is a very common route by which demons enter people today.

**Whether bitterness is manifest on the outside or not does not matter.** Due to the nature of bottled up feelings and emotions, they are not always made noticeable on the surface, but that by no means discounts the fact that they are there. If there is a root of bitterness, it needs to be cut off at the root and removed from one's soul. We need to make a choice to release all hurt and bottled up feelings inside our systems, and repent for holding that poison in our hearts. Turn from those feelings and forsake them, and allow the Lord's love to minister to your soul!

Turn to God and try to heal your bitterness.

The Bible is here to help deal with these bitter feelings - there are many Bible verses about bitterness. If you are trying to move past an event or situation in our life that has left you feeling this way, be sure to read these Bible verses on bitterness.

Although you might not think that this will help at first - believe in yourself and in God.

Accept that reading the Bible and praying can help you in your times of trouble. Praying to God and working past your problems can help heal the bitter feelings in your life.

**1 Samuel 30 v6** David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.

**Psalms 71 v20** Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.

**Ephesians 4:31-32** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.