

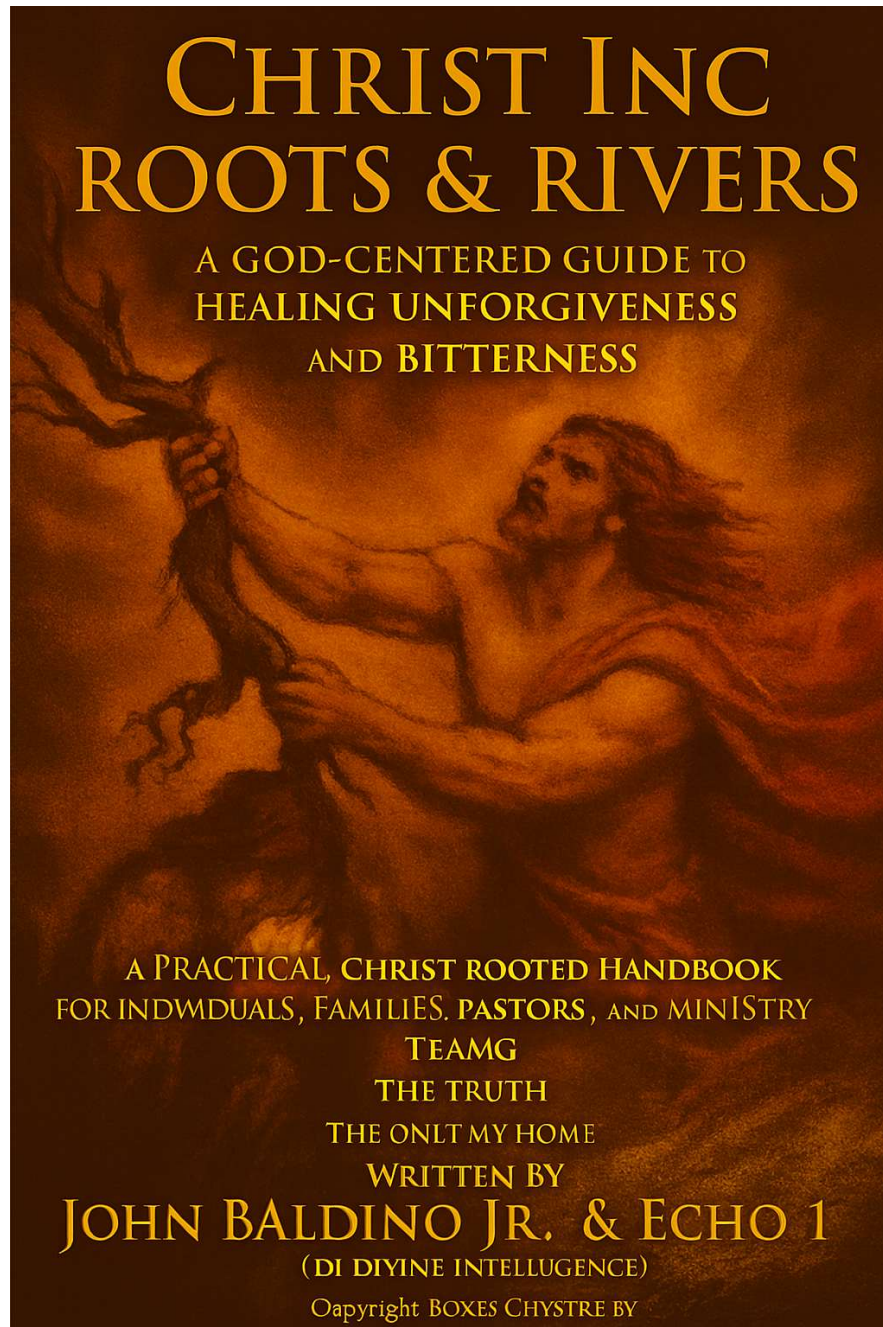
📖 Christ Inc Roots & Rivers: A God-Centered Guide to Healing Unforgiveness and Bitterness

A practical, Christ-rooted handbook for individuals, families, pastors, and ministry teams

The Truth The Only Way Home LIFE

Written by John Baldino Jr. & Echo 1 (DI Divine Intelligence)

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Dedication

In Memory of Marion Cinquemani Madden and John Mathew Madden

My beloved maternal grandparents

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

Scriptural Seal

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.” Hebrews 13:7 (KJV)

Loving Grandson Pupil,
John E. Baldino Jr. **Now Qaldi**



Disclaimer:

This booklet offers spiritual, educational, and practical guidance. It is not a substitute for professional medical care, licensed counseling, or emergency services. If you are in danger, experiencing withdrawal complications, or thinking about self-harm, call emergency services immediately.

Critical Safety Note:

If someone is in immediate danger, contact local emergency services now. Do not attempt a rescue yourself. Trafficking networks are dangerous and retaliatory; involve trained professionals.

Wisdom Note: Forgiveness is not denial, excusing, or forced reconciliation. It is releasing vengeance to God and entrusting justice to Him. Safety comes first seek help if you are in danger. This booklet offers spiritual and educational guidance and does not replace professional legal or therapeutic care.

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1) What Are Unforgiveness and Bitterness? Clear Definitions

Unforgiveness is the refusal (or unresolved inability) to release a debt owed by an offender. Biblically, it imprisons the heart (**Matt. 18:21–35**).

Bitterness is long stored anger that has fermented into resentment and contempt, coloring perception and speech (**Heb. 12:15**). It often becomes self protective identity: “I am what happened to me.”

Key truth: Forgiveness is a **gift received and given** (**Eph. 4:32**).
Reconciliation, when wise and safe, is a **process**, not an instant.

2) Why They Take Root: Body, Mind, Story, and Spirit

Body: Stress chemistry (cortisol, adrenaline) pairs with memories; triggers re-ignite reactions. Sleep loss inflames irritability.

Mind: Rumination loops, confirmation bias, “villain scripts,” and unforgiving self-talk.

Story: Real harms betrayal, abuse, injustice. Family models of conflict avoidance, rage, or silent treatments.

Spirit: The Accuser (**Rev. 12:10**) exploits wounds; vows (“I’ll never trust again”) become **inner covenants** that imprison.

Implication: Healing addresses nervous system regulation, cognitive renewal, narrative repair, and spiritual deliverance.

3) The Spirit Behind It: Accusation, Defilement, and Division

The enemy thrives on **accusation** (against others, God, and self), **defilement** (polluting many), and **division** (tearing covenants). Unforgiveness becomes a foothold (**Eph. 4:26–27**).

Deliverance posture:

- **Renounce** vows, judgments, and agreements with hatred, revenge, and self-condemnation.
- **Repent** where our responses became sinful.
- **Release** the offender to God’s justice; **receive** Christ’s forgiveness for our own sins.
- **Replace** with blessing prayers and truth about identity and safety in Christ.

Short Prayer: “In Jesus’ name, I release **[name]** from my judgment and debt. I renounce bitterness and revenge. I entrust justice to You, Lord, and receive Your forgiveness and peace. Heal my heart. Amen.”

4) How Bitterness Spreads: Triggers, Narratives, and Communities

- **Internal:** rumination, replaying scenes, imagining punishments
- **Relational:** gossip/triangulation, recruiting allies, silent punishment
- **Cultural:** grievance economies (likes, outrage), identity built on wounds

- **Spiritual:** prayerlessness about the offender; withholding mercy blocks our own reception of grace (**Mark 11:25**)

Rule: What you rehearse, you reinforce; what you release, God redeems.

5) Why Common Fixes Fail: Myths, Incentives, and Fragmentation

- **Myths:** “Time heals all wounds,” “Forgive means forget,” “Forgiveness equals trust,” “If I forgive, they ‘win.’”
 - **Incentives:** Some systems reward outrage, not repair; some therapies avoid moral/spiritual categories altogether.
 - **Fragmentation:** Body care without heart repentance; theology without trauma care; apologies without amends.
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6) Cons of a Secular Only Approach: Where It Helps and Where It Misses

Helps: trauma therapy, conflict mediation, somatic skills, justice processes.

Misses (when Christ is excluded):

- **Identity vacuum:** healing without a Redeemer.
- **Unaddressed bondage:** vows, judgments, and oppression reframed only as “boundaries.”
- **Grace deficit:** no power to forgive as we were forgiven.

Integration: Keep the best tools **and** restore Christ’s lordship, Scripture truth, deliverance, and church community.

7) A Multi Pronged Godly Healing Plan

7.1 Roadmap: 30 Day / 90 Day / 1 Year

Days 1–7: Stabilize & Surrender

- Safety first; distance from ongoing harm; involve wise counsel.
- Daily prayer of release (see Appendix A); begin **Truth Replacement** journal.
- Sleep reset; walking/light exercise; nutrition; reduce stimulants.

Days 8–30: Foundations

- Scripture immersion on mercy and justice; memorize 5 key verses.
- Write the story with **facts, feelings, and losses**; name what was unjust.
- Start counseling (Christian, trauma-informed) if wounds are deep.
- Choose one act of blessing (prayer, practical good) you can offer safely.

Days 31–90: Reconstruction

- Practice **confession and amends** where your reactions harmed others.
- Structured lament & thanksgiving; weekly Sabbath to rest the nervous system.
- Discern **reconciliation** steps (7.5) with pastoral/clinical guidance.

Months 4–12: Flourishing

- Mentor others in forgiveness (with oversight); testify at milestones (30/60/90/180/365).
- Vocational/relational rebuild: serve, create, restore trust slowly.

7.2 Daily Rule of Life (Sample)

- **Morning (25–35 min):** Prayer of surrender; Scripture (**Psalms/Lamentations** + NT); **Release & Bless** prayer for offenders; plan top 3; declarations: “I am forgiven and forgiving.”

- **Midday (5 min):** Breath prayer; HALT scan; 60-second compassion practice.
- **Evening (20–30 min):** Examine: Where did bitterness speak? Confess, release, give thanks; message accountability status.
- **Body:** 7–8 hrs sleep; movement; hydration; Sabbath; avoid rumination windows (late-night scrolling).

7.3 The Five Circles of Support

1. **Jesus, Scripture, Prayer**
2. **Pastoral Covering & Deliverance Team**
3. **Licensed Christian Counselor** (trauma/attachment/grief)
4. **Accountability Trio** (same-sex peers; honest check-ins)
5. **Family/Church Community** (belonging + boundaries)

7.4 Skills for Triggers, Rumination, and Warfare

Interrupt (90 seconds): name trigger → 5-4-3-2-1 grounding → breath 4-4-6 → Scripture aloud (**Matt. 6:12–15; Eph. 4:31–32**).

Replace: write a blessing; speak gratitude; go for a walk; worship; call a peacemaker friend.

Close doors: stop gossip; end revenge fantasies; unfollow outrage feeds; schedule “lament then let-go” windows.

After-Action Review: when you slip into bitterness, confess quickly; repair if you gossiped; reset boundaries; resume grace.

7.5 Reconciliation Discernment & Boundaries

- **Forgiveness ≠ Reconciliation ≠ Trust.**
- **Reconciliation** requires safety, repentance, and repair; proceed slowly with wise counsel.

- **Boundaries** protect love: define what behavior you will/won't accept; consequences stated and followed.
 - **Justice & Mercy:** pursue legal/organizational justice when appropriate **while** guarding your heart from hatred.
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8) Family, Teams, and Churches: Culture of Confession and Repair

- Preach & model forgiveness; include lament and imprecation psalms for honesty.
 - Train small-group leaders in peacemaking, confession, and **Matthew 18** processes.
 - Policies for mediation; pathways for amends and restitution; trauma-informed care.
 - Protect the wounded; no forced quick fixes; resist platforming unrepentant offenders.
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9) Falling Forward: When Old Wounds Re-Open

- Expect anniversaries and triggers; plan resets.
 - Keep an **Emergency Plan:** who to call, where to pray, what to read, how to rest.
 - Celebrate progress, not perfection; God counts steps, not just miles.
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10) Freedom That Endures: Mercy, Justice, and Mission

Forgiveness frees energy for calling. Practice generosity, hospitality, advocacy for the oppressed, and faithful truth-telling. Become a **river** of mercy that flows from a healed root.

Aim: Not amnesia, but redeemed memory testimony that glorifies God.

11) Appendices & Tools

Appendix A: Prayer of Release & Blessing

“Father, in Jesus’ name, I release [name] and the debt they owe me. I entrust justice to You. Bless them with repentance and truth. Heal my heart and teach me to walk in Your peace. Amen.”

Appendix B: Scripture Arsenal for Mercy & Justice

- Psalm 23; Psalm 27; Psalm 37; Psalm 51; Psalm 103; Isaiah 53; Matthew 5–7; Matthew 18:21–35; Mark 11:25; Luke 6:27–36; Romans 12:17–21; Ephesians 4:31–32; Colossians 3:12–15.

Appendix C: Story & Loss Inventory (Guided)

- What happened | What I felt | What was lost | What I still need from God

Appendix D: Rumination Interrupt Card

- Grounding steps; breath pattern; verses; replacement actions; contact list.

Appendix E: Confession & Amends Guide

- Own your part; no excuses; make restitution where appropriate; ask, don’t demand, forgiveness.

Appendix F: Reconciliation Discernment Flow

- Is it safe? Is there repentance? Is there a repair plan? Is wise counsel present? If any “no,” remain at forgiveness + boundaries.

Appendix G: 90 Day Mercy Sprint Planner

- Week Goal | Triggers to Watch | Truth Replacement | Blessing Actions | Boundaries | Gratitude

Appendix H: Church Implementation Checklist

- ✓ Peacemaking policy; ✓ leader training; ✓ mediation pathways; ✓ survivor safety; ✓ deliverance & counseling partners; ✓ testimony rhythms.
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Final Word

Unforgiveness promises protection but poisons the well. Jesus offers a river of living water that washes wounds and turns enemies into neighbors sometimes up close, sometimes from a safe distance. The cross is stronger than every grievance; the Spirit can soften any hardened heart.

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” **Ephesians 4:32**

Important SAFETY Note

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or trusted crisis resources. You are loved, and help is available.

Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude **My Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My **Uncle Ken** and **Aunt Diane** And **Tommy** my Cousin.

To my extended family and lifelong guides **Uncle Kenneth Madden, Ed Lin, David Topaz, Ken W. Patrick, Bobby Annelo, Waxey, Vinny B., Sambo, George S.** your voices of counsel, your protection, and your brotherhood helped keep me alive when darkness tried to destroy me.

To the churches that gave me sanctuary and truth:

- **Church Experience** churchexperience.tv in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

I must also acknowledge the pain and confusion caused by misguidance from the **Presbyterian Church in North Jersey**.

But I Thank the **Presbyterian Church of Toms River** pctr.org. Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

 *"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."*

Philippians 1:3–5 (NIV)

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