

Forgiveness Friday #1

10 September 2021



I had an interesting revelation last night, which I will frame for you as a quiz.

What is the one thing we do that so endangers our relationship with God and that is so dangerous to our health and wellbeing (not to mention dangerous to our sanity and to anything living that comes within our radius), that it is a prominent theme in the bible and even Jesus offers us a remedy for it – and yet it is not a sin?

The answer is: We forget. We forget what God has done in our lives, in the lives of our family and friends, and in the lives of the generations before us. We forget how creative God is, how kind and reliable He is, how tough He is. We forget God. We forget who we are in God. We forget.

I very nearly forgot this week my enthusiasm of last week to really knuckle down and focus on forgiveness. Better late than never.

To celebrate this very first “Forgiveness Friday”, I want to draw on one of the many fantastic suggestions on the i4give.com website. This comes from the [‘How to Forgive’](#) resource:

Just as you would start slowly with a new physical exercise routine, it helps if you build up your forgiving heart muscles slowly, incorporating regular “workouts” into your everyday life.

You can start becoming more “forgivingly fit” by making a commitment to do no harm — in other words, making a conscious effort not to talk disparagingly about those who have hurt you. You do not have to say good things; but, if you refrain from talking negatively, it will feed the more forgiving side of your mind and heart.

Having tried this, I think the real challenge lies in not thinking disparagingly. If I can stop those thoughts before I finish them, I actually feel like I’m making progress. And the best distraction I have found from the temptation to savour hurt and resentment and wallow in judgement is to ask God to give that person a blessing – not just a general blessing, but a specific blessing. But of course, even though I have found that very powerful, after a while I forget to do it!

For what’s left of this day, I commit to blessing five people whom I’ve showered with negative thinking in some form or another within the last 12 hours. That includes four drivers I glared at on my drive to Adelaide and back this afternoon. I’ll go and do it now, before I forget!

Love, Lyndal