

## Forgiveness Friday #2

17 September 2021

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Dear friends, yes, I faithfully fulfilled [the promise I made last week](#) – to bless five people I had had negative thoughts about during that day. Three things happened.

First, I discovered that the blessings designed to heal the judgements I had made were all attributes I was in need of myself. For example, consider the case of the driver who as well as travelling at speeds of between 60 kph and 72 kph in the 100 kph zone on the main Adelaide Road seemed intent on dancing their car back and forth across the lane in time to an exotic Latin rhythm, while cars piled up behind in a bizarre conga line. I blessed him or her with good driving skills and courteous awareness of other drivers. Hmmm. There have been times when I have failed on both counts. So, thank you God, I put my hand up for those blessings, too.

The second thing I discovered was that there is nothing at all casual about the form of superficial, judgemental accusations and abusive thoughts I have flicked toward strangers. I have considered them to be casual and superficial because they rarely escape the narrow confines of my own mind and are quickly forgotten. But these thoughts are actually highly toxic. They are a form of cursing and, like all curses, rebound on the giver – in triplicate.

As you can see from the photo, when we point the finger at someone, three fingers are pointing straight back at us. And the thumb pointing heaven-ward? I'm hoping that alerts the angels that a clean-up operation is urgently required!

The third thing I realised is that I need to practise self-forgiveness. I've been in the habit of ignoring or forgetting the unpleasant or judgemental thoughts I have about others because I've not considered them significant and certainly not as having any power to hurt. But, in this case, forgetting is not forgiving. I'm ashamed of myself, and I want to change. I suspect the reforming qualities of repentance are accelerated if we can forgive ourselves and shift from shame. No doubt I'll have many opportunities to find out.

Love, Lyndal

**PS** Yesterday I had to drive up to Adelaide once again and there were plenty of chances to practise blessing other drivers. And yes, you guessed it, when I blessed those slow amblers they practised courtesy and pulled over to let others pass. It was incredibly humbling and such an encouragement to keep seeking God's way on the highways.