

# Forgiveness Friday #4

1 October 2021

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Last weekend I listened to a recent sermon by Bill Johnson, pastor of Bethel Church in Redding, California. (The sermon is titled ‘Treasuring the Word’ and is posted [here](#).) Early in the sermon, at around the 7:30 minute mark, Bill refers to something that he had learned about forgiveness: “If you can put forgiveness into an action ... it’s like two-part epoxy: You make the decision, the determination, the confession – but then you put an action together [with the determination and] it solidifies the decision.”

It seemed a confirmation of what I had learned about the power of blessing (described in [previous posts](#)). Bill crystallised for me the nature of how that power works – it is a form of action that ‘sets’ the forgiveness and so stops the mental treadmill that keeps us reliving again and again what has hurt us.

I began to wonder if lack of action, or a failure to take a tangible step into forgiveness, is why I have regularly rerun old hurts and the blame that clings to them, even after many years. It occurred to me that forgetting only occurs *after*, not before, forgiveness has been ‘set’.

It got me thinking about other actions I could apply as setting agents for forgiveness. The first thing that popped into my mind was to create a book of blessings. Writing down and recording the blessings seemed a way to give physical presence to them, while having the opportunity to re-read and remember the blessings seemed to offer a way of affirming them and celebrating them. I could see rejoicing and thanksgiving being added into this mix, too, helping to create a super-duper, no-fail holy setting agent.

I’ll let you know next week how it goes. In the meantime, I’d love to hear about any forgiveness setting agents (FSAs) you’ve had success with!

Love, Lyndal