

Forgiveness Friday #11

19 November 2021



This week I was blessed with the opportunity to put what I have learned to the test.

I am about to put my house up for sale with the intent of moving to Canberra at the beginning of February 2022. I'll be heading right back to live among the very same people I've spent the last few weeks blessing and honouring. I wondered, should I happen to meet them, will the progress I've made toward forgiveness hold?

I began by imagining these people, bringing them one by one into my mind's eye. I blessed them, I honoured them and then I imagined meeting them either by accident or design. I was surprised by what happened.

I can't claim to being at the point of wanting to deliberately seek these people out, but I found I was very comfortable with the notion of a chance meeting – even to some degree delighted. As I imagined the meeting, I felt no barriers go up, no withdrawal, no judgement, no disapproval. What I felt instead could perhaps best be described as goodwill. For a moment or two, there may even have been love! Oh, it was warm! In fact, I was so interested in these people, it was hard to observe what was happening in me. Wow!

My new learning was that honouring restores respect, the very thing that judgement takes away.

Then I imagined a few veiled or not so veiled insults coming my way. I did not shut down. I did not walk away. I did not release the emotional equivalent of molten lava into my mind or heart. Instead, I calmly called out the behaviour, smiling all the while: "Was that a micro-aggression I just heard?" And, still smiling, I used my eyes to invite them to smile back. Oh, yes indeed, it was warm!

And so it was confirmed for me that blessing and honouring do indeed set forgiveness. They melt judgement, they make fear disappear, and they open up our capacity to love in a way that empowers and energises us.

I am so humbled and so immensely grateful for all that God has taught me and for changing me from the inside out. And in less than three months. Reaching adulthood before I die is beginning to look like a real possibility. Triple wow, to the power of infinity.

Bless the Lord, O my soul, and forget not all His benefits. (Ps 103)

Love, Lyndal

PS Dear friends, this is the last issue of Forgiveness Friday for 2021. In prayer this morning I discovered myself in a new spiritual cycle, that of Advent, with revelations of a very different kind. I'll let you know if FF returns!

PPS Printable pdfs of each week's letter are posted [here](#).