

The gift that benefits the giver!

Well actually most gifts can benefit the giver. It is joy to see someone smile when they receive your offering. It can be a pleasant experience to shop for your loved ones, anticipating what they might want.

However, the gift I want to focus on is that of forgiveness. In a famous parable someone's servant is forgiven a huge debt, but then refuses to do the same for someone indebted to him. Jesus is undoubtedly illustrating that God's forgiveness should not be taken for granted; but appreciated and shared with others. God's desire is that we ought to forgive one another. Jesus speaking to his friends and disciples once said:

Freely you have received, freely give (Matthew 10.8)

Psychologists and social scientists frequently acknowledge the power of forgiveness. Only when abuse is present should it be withheld. Because it is one of those things which when offered can benefit the giver in many ways. The letting go of a resentment; the ending of a tortuous wait for the offender to get their just dues; and the fresh start with a chance to move on. Indeed, according to the world renowned Mayo Clinic, forgiveness promotes healthier relationships; improved mental health; Less anxiety, stress, and hostility; it lowers blood pressure, improving heart health. Wow! It seems the NHS would do well to advise our GP's to prescribe forgiveness on a nationwide basis!



None of this should come as a surprise to Christians worldwide. The Gospel is built on the foundation of the one who cried 'Father forgive them' even during his darkest hour.

Is there someone we could forgive? Might it make us feel better to get it done? Perhaps worth a ponder this week?

Go well.