

Eynsford Baptist Church

Forgiveness is good for you

Forgiveness is really a key message of Christianity. After all Christians believe that Jesus was born in a stable at Christmas as part of the plan God had so that we could be forgiven and be reconciled to Him. It does not stop there as the New Testament also urges us in turn to forgive people who hurt us. Jesus gave us the words in the Lords Prayer translated today as " Forgive us our sins as we forgive those who sin against us". We have seen some amazing Christians over the years who have been able to forgive publicly those who have taken their loved ones in both deliberate violent attacks and tragic accidents.

The Oxford dictionary defines "to forgive" as to stop feeling angry or resentful towards (someone) for an offence, flaw, or mistake. Psychologists might go further to define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness. It is not always easy and make take a lot of effort. It may also be regardless of any attempts by those who wronged us to put it right.

Forgiveness is never a case of pretending something was not devastating and did not hurt you. It is not saying that it did not matter. Experts who study or teach forgiveness make clear that when you forgive, you do not gloss over or deny the seriousness of an offence against you. However it can then release you to get on with the rest of your life instead of getting stuck in a spiral of blame.

Even if you don't believe in God and His forgiveness there is evidence that forgiving other people is good for us. Scientists have shown that whilst we don't forgive we release all the same chemicals as the stress response. There are accounts of burns patients who recovered more quickly and effectively if they were able to forgive themselves or the person who hurt them.

Other researchers have found that forgiveness therapy can help patients in other clinical settings. They have shown more improvement in emotional and psychological health, responded better in drug rehabilitation and people who forgive more readily have fewer coronary heart problems than those who hold grudges.

Church Notices

Services Sunday at 10.30 a.m.

Everyone welcome, refreshments after service!

Next coffee morning in February - see notice board at church