

Physio forgiveness

I have been listening to my pastor talk about forgiveness. He has been studying this theme for many years. I have heard him preach on this topic three times now and it always feels new. Was I not listening the first two times? Maybe his word was not for me? That is not true. We all need to hear about forgiveness from time to time. I look at it as a wellness check. Within a few months someone has caused us grief. Is it a loved one or politician? Did you get your tax bill or a speeding ticket? Something has grinded against our human nature to get annoyed. That is where forgiveness comes in.

I am trying to be an athlete at 57. It is dumb. Yet, I like trying to pull it off. My body is not in favor of this plan. However, I look and feel pretty good. Every now and then my body does not like being an athlete. Although I look amazing, my muscles have a hard time adjusting. I have had to get an adjustment from physio or a massage therapist. Call it a wellness check. As I run and lift weights my body is stressed and changing. Some parts change faster than others. It is no different in life. A boss says something stupid. A politician is caught in corruption. There are all types of things that change our thoughts. Some of these things begin to stress out our heart just a little. That is where forgiveness comes in.

What if part of our tiredness or stress was related to mild depression. The inability to fix some things. We must pay a fine although we do not agree with the cop. During Covid we wore masks against free will. All these things push against our mental health. Yet, if we could let things go more often, we might be happier more often. Its not that you and me live our lives stressed out all the time. No, it is the little things that build up like sore muscles to an athlete. People say we could forgive but not forget. What if forgiveness brings on forgetting? My

therapists do not run with me but they do. Their work keeps me running. Forgiveness might keep us sane.

What does God have to say? 1 John 1:9 *“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* Look at the word cleanse. Then understand that unrighteousness means vicious or unrighteousness passions. What unwanted passions should we be cleansed of? Again, in the athlete world we are bombarded with toxins that build up as we work out. That is why we need to stretch, drink water, and eat protein. To cleanse us of unwanted things. God is saying that from time to time we need to be cleansed from the things that build up in the heart. Forgiveness is our protein.

One trainer said that during a workout we sustain microscopic damage. During the night little workers try and clean up the mess. They need fuel like protein to work better. Our soul sustains damage during our lives. A regret here and disappointment there. Sometimes we fail. Forgiveness has a way of fueling Gods work to clean up the mess. To have us focus on recovery rather than misery. As we sleep, Gods little workers (analogy) are busy putting our heart and soul back in its rightful state. They cannot do that if the walls of pain restrict them. To forgive is to smash down walls and give fuel to restoration.

My pastor is the expert of forgiveness. He knows how to explain it better than me. Yet, I have felt the healing from forgiving. I still remember things that have bothered me. Yet, they have become distant memories because I chose to forgive. My divorce does not feel painful anymore because I forgive myself and my Ex. I made a mistake while driving. The policeman was just doing his job. I forgive them. I forgive myself too. Just learn and drive better, yet mistakes happen. Sometimes there are little bits of unforgiveness lodged in our heart. We think

were just tired. What if the flow of blood is restricted just enough to knock us off by tiny stresses. Just a little?

It is time for a massage. I am doing well but I know that maintenance is important. They are microscopic. Sometimes we cannot feel it but its there. Yet, a good athlete knows to keep checking under the hood. It is about prevention of injury. Spiritually we need the same thing. Gods word is like protein. It fuels the little guys keeping all the mess cleaned up in our soul. Yet, there are messes building up as we live with humans. We need to look under the hood all the time. So, what does that have to do with forgiveness?

We need a checkup. Just pray that God will reveal the little things we should forgive and let go. Do not let unforgiveness become a big mess. Just clean up the little ones. I forgive myself for a mistake at work. I forgive a friend for divorcing his wife. Not condone but forgive. I forgive a slight remark by my wife. A bad Prime Minister (that is a hard one). Just keep forgiving and cleaning up the little damage of the soul. I am sure that in the long run you will feel better and possibly live a better life free of soul damage. Be a forgiveness athlete!