

THOUGHT FOR THE DAY BY FR. JOHN MOLONEY

TUESDAY JUNE 4<sup>th</sup> 2020

TITLE OF OUR REFLECTION: TALK IS CHEAP, ACTION DIVINE

IT is easy to talk about how important forgiveness is, but much tougher to actually do it in real life. Real –deal followers takes Jesus seriously when it comes to forgiveness. Real-deal followers know forgiveness is not a superficial event; they also know it is not as cut- and- dried as ignoring “unforgiveable” behavior.”

Forgiveness ---true forgiveness ---is not about approving damaging behavior or forgetting about what was said or done. These actions always remain part of our lives; just ask Betsy. Instead, forgiveness is about making what is tragically broken right again.

Forgiveness is about a deep healing, a thorough repair of broken relationships, a removal of the poison that destroys love and harmony, ---- a restoration of wholeness and open trust. ---  
-It is the only way to reshape our relationships from the straight line of anger and vindictiveness to the curve of connection.

Few of us escape the natural almost primal urge for revenge. ---- Every single one of us has been hurt by someone else. It may have been a parent who did not protect us, a sibling

who abused us, A friend who betrayed us, a spouse who took us for granted, a pastor who should have been more attentive, a committee member who opposed us, or hundreds of other possibilities, that makes life's many relationships more like land mines of opportunity, ripe for betrayal. Action can be as hurtful as inaction, and vice versa; it may have been something someone should have done but did not. It may have been something that took place over many years. It may have been something that happened in a moment.

When we hurt, we naturally want to strike back. We are only human after all. It is in our nature to seek revenge. We think we need an eye for an eye and a tooth for a tooth. Thanks to the "get even" attitude of our modern society, or simply the blase and haze that accompanies the act of betrayal, we often lose perspective. We want the scales tipped in our favor, regardless of the cost, the duration or the expiration date.

But it does not have to be this way. When someone you trusted hurts you badly, we do have choices;

- 1) Go our separate ways. Never talk again.
- 2) Live with accusation, blame and anger.
- 3) Bear grudges, nurse hate or seek revenge.
- 4) Pretend everything is fine. Bury our feelings.
- 5) Keep chewing on the hurt.
- 6) Talk it through face-to-face with the person and forgive.

Unfortunately, we too often choose to hold a grudge rather than confronting and forgiving. ---We keep dipping into our store of grievances to find yet another weapon to lob at our opponent:

1) "And another thing...."

2) "You always...."

3) "You never...."

4) "You did the same thing last week...."

5) "I have never forgotten how you...."

AMEN.

(To be continued tomorrow....)

Let me know what you think!

PENSAMIENTO DEL DÍA POR EL P. JOHN MOLONEY

JUEVES 4 DE JUNIO<sup>DE</sup> 2020

TÍTULO DE NUESTRA REFLEXIÓN:

**BAILA COMO SI NADIE ESTUVIERA MIRANDO**

La danza es la metáfora perfecta para describir el perdón, ya que las heridas son inevitables en el ritmo siempre cambiante de la vida. Bailar implica estar en sincronía con nuestras

heridas, estar en sintonía con nuestras necesidades y ritmo emocional. Con cada paso de baile obtenemos una nueva perspectiva, restaurando un poco de lo que perdí. Cada paso conduce a una mayor sabiduría y comprensión del perdón como una forma de vida saludable y que vale la pena.

Sé que incluso mientras escribo estas palabras instándoles a perdonar, puede haber una situación o persona que inmediatamente se le presente en la mente y comience a hacer que su estómago se mueva. En el curso de mi ministerio, he visto a cientos de personas que "PIERDEN EL PASO" con su baile con el perdón y continúan albergando heridas del pasado mucho más allá de la "FECHA DE EXPIRACIÓN" de un acto hiriente. ....

Permanecen atados en nudos, fuera de sincronía con la felicidad o la esperanza, porque simplemente se niegan a perdonar. ---- Como resultado permanecen esposados, emocionalmente si no físicamente, a su agresor. Al igual que el Fantasma de Marley los siguen por la eternidad, siempre un paso atrás porque se niegan a seguir adelante.

Como resultado, le dan al delincuente espacio libre de alquiler en sus cabezas y corazones. De una manera muy real, la venganza que buscan es como ser traicionados de nuevo, aunque el ofensor puede no estar al tanto o despreocuparse de su incapacidad para perdonar.

El verdadero perdón, por supuesto, siempre es más que una técnica o fórmula. Es una cuestión del corazón y de lo que uno realmente cree es el centro mismo de la realidad. El perdón es una manera de liberarse de la experiencia del dolor a manos de los demás para experimentar una forma de vida más suave, más amable y más fácil.

Amén

(Continuará mañana....) Dime lo que **piensan!**

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