

Working Through the Hurt

Forgiveness is an act that can work wonders in our lives, healing and strengthening relationships. We know that in theory, but we find the practice difficult.

Dr. Lloyd John Ogilvie is a Presbyterian minister who served as chaplain of the United States Senate from the 104th through the 107th Congresses (1995 – 2003). Before coming to the Senate, he had a nationally syndicated weekly television show, *Let God Love You*, which was on the air for 17 years. He also had a daily radio program for 10 years. Ogilvie served as Senate chaplain during significant events, including the impeachment of President Bill Clinton, the events of 9/11, the anthrax attack in the Senate, and the contested presidential election in 2000.

Here is what Dr. Ogilvie wrote about forgiveness for *Let God Love You*:

The hardest time to be gentle is when we know we are right and someone else is obviously dead wrong. But the greatest temptation for most of us is when someone has failed us and admitted it, and their destiny or happiness is in our hands. We hold the power to give or refuse a blessing.

Recently, a dear friend hurt me in both word and action. Each time we met, I almost began to enjoy the leverage of being the offended one. His first overtures of restitution were resisted because of the gravity of the judgment I had made. The most difficult thing was to surrender my indignation and work through my hurt.

Finally, the Lord got me where He wanted me ... “Lloyd, why is it so important to you who gets the credit, just so My work gets done?” (Then) I gave up my right to be what only God could be as this man’s judge and savior. The gentle attitude began to flow.

Dr. Ogilvie’s conclusion is correctly drawn. When we withhold forgiveness, we not only hurt the person we don’t want to forgive, we also hurt ourselves. We lose the joy of living. When we forgive, we release peace and restoration to the forgiven and to ourselves.

Is there someone today – in Life Care, Century Park and Life Care at Home – among residents, family members or fellow associates, who needs your forgiveness?

– Beecher Hunter