

ON BLESSING (by Ellen Paetsch)

Yes, we may bless and not only ask for the blessing. The Bible says, "Love your enemies and pray for those who persecute you". (Mt 5:44). This has a wonderful effect. On the one hand, we ourselves get rid of the anger more quickly, and on the other hand we reach the soul of the other person.

I have decided to bless everyone I am angry with. Sometimes it happened to me when someone drove so inconsiderately wrong in traffic that I exclaimed in anger: "You twerp! (idiot, fool). Then I heard the voice of my angel: "But Ellen!" - I then said, "I bless you, - you twerp!" But he was not satisfied with that until I could say in my mind, "I bless you - without twerp" And with that all my anger was gone.

It is not always that easy, oh no: when we have been deeply hurt by a person whom we assume to be our friend, or whom we love and believe ourselves to be loved by, then it is especially difficult. After a week of meditation, we were waiting for the train at the station to take us home, when I heard a conversation next to me: "It was such a beautiful week, and now I have to go back to the office where there is a supervisor who doesn't like me. I'm already getting palpitations just by the thought of it! I turned to the young girl and said, "There is a very simple recipe: Whenever you see or think of this person, bless him in your mind with the words: I bless you, dear human child, in the name of Jesus Christ." - She looked at me a little incredulously and said, "I will try." The following year, this girl approached me to thank me for the advice. She said she couldn't believe it, but it had helped wonderfully. She no longer had any difficulties.

I advised a friend of mine to do so, whose daughter-in-law often stood in front of her and insulted her. She said, "It won't work with her!" But I still said, "Try it, try!" - When it had happened again, she called me and told me that she had just looked at the young woman sweetly and said in her mind, "I bless you, you dear human child, in the name of Jesus Christ." Then she suddenly stopped in the middle of the sentence, fell around her neck crying and asked her for forgiveness." What had happened? My friend had sent her a deep compassion, a radiation of love from her heart, which reached the heart of the swearing person.

Even if it does not help immediately, a change will come. Patience is often well advised. Don't we all need it? This is what the Bible means by "persevere in prayer". Do not give up, even when it looks as though it were in vain!

How often do I experience with my patients that the cause of their illness is a serious mental/spiritual injury they are unable to forgive. Sometimes they are not even aware of it. Hate someone carries inside also poisons the body cells and can trigger cancer.

I advised a sick lady who hated her husband to bless him which caused her to jump up full of outrage and shout, "What, I should even bless the man who did all this to me?" I lovingly asked her to try it, just to babble it out for the time being: "I bless him. I bless you, dear human child, in the name of Jesus Christ! Again and again. After a few weeks, she called me and told me, "First, I just blurted out this blessing for your sake, because you took so much trouble with me and I didn't want to disappoint you. And then I noticed that it was getting easier and easier and a little more heart was coming into it.

And now I can say it from the bottom of my heart. - My husband has changed a lot; everything has become easier."

In the past, the word itself had a magical power that has unfortunately been lost. We can still recognise this today by two sentences: "I curse you! and "I bless you!" A curse will still hit an unbeliever hard even today. And an "I bless you!" can make a person happy, wrap him in a cloak of love. How beautiful it used to be when young people were released into life with the blessing of their parents.

Above all this, we will not forget to ask our dear Father in heaven, to give us the strength for this difficult task of forgiveness and peace. He will surely help us and add His blessing, without which our endeavour cannot succeed. But we must also contribute to it ourselves, give something from ourselves which is like a sacrifice. It would be easier to say, "Lord, bless this enemy of ours. -- you will make him change." If o u r love and o u r willingness to forgive is not there, God will not add His blessing either.

What always fascinates me about life is that we receive the opportunity to start anew every morning, that every day we are given a blank cheque which we can fill in ourselves, so that we don't have to make the mistakes we've made again. "Remember not the former things, nor consider the things of old. Behold, I am doing a new thing". So let us go into silence and forgive all those who have hurt us, and bless them from the depth of our hearts with the words "I bless you, dear human child, in the name of Jesus Christ."

"Dear Father, You are the greatest forgiver. We should have learned it from You. You have forgiven those who martyred Your Son on the cross. You have come down to us to give us forgiveness for all the unkindness we commit. Help us to fulfil all our good resolutions and to love more. We ask You for peace in the world, peace in the hearts of all people, peace for this house, for all who live in it and walk in and out. We ask You for all the sick, the desperate and the dying, send them Your angels of comfort, hope and light. Let your tent of blessing continue to be spread over us as protection. Amen."