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Healing a Hit

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Healing a Hit

Many of us are "hit" at one time or another, not with a physical blow, but by someone's words, by something we read, or by a suddenly awakened memory. In every case, our immediate need is for healing. We do not need revenge and we do not need to completely understand the source of the pain, and we certainly do not need to go over the incident again and again. Our best response is to focus on the process of healing. We might never find out why we have been hurt, but if our intention is to recover the state of balance and peace that we had before being hit, we can begin the process of healing immediately.

If we deal with a hit as soon as we can, we have a much better chance of negotiating our way to a satisfactory conclusion than if we tell ourselves to "just forget it" as an attempt to avoid dealing with the pain. We might have to keep our feelings in check until we can obtain some privacy, but if our commitment is to seek healing rather than to "make them understand," we will succeed. The longer we put off the work of actively sorting through our pain and anger, the more time for our minds to run through fruitless "reruns," and the more difficult it becomes to put the specific cause of our pain into a reasonable and affective perspective. Hits that are left unresolved and unhealed have ongoing negative effects in our attitudes, words, and actions. Healing is not only of benefit to us, but also saves others from the possibility of our projecting hurt and anger onto them.

A hit elicits a powerful release of energy within us, usually painful and unwelcome. If we take the energy as a gift of God (not the hit itself, and not the pain), we can use that power to accomplish two excellent transactions: Bringing the pain to a conclusion, and determining appropriate action. For example, once I was hurt and angry after reading an email message. In bringing the matter directly to God, I was enabled to calm down – that was good – but also to recognize and to determine that I would have to take the lead in seeking reconciliation. The result was an improved relationship rather than a long-term stand-off. In another situation, healing of a hurt might take place together with a quite reasonable determination that nothing should be said or done other than to let the incident move from the present into the past. God will guide our process of healing from the first moment to the last, if that is what we desire and actively seek.

At one time or another, we might become aware of a long-term, deep wound that will take considerable time to heal, and for which a person we trust might be of significant help. God often works through others

on our behalf. But no appointments are necessary and no costs are involved when we take a hurt to the One who “invented” our human nature, and who shares it fully with us in the person of Jesus. Healing can begin immediately, even if we come to an understanding that the process will take time, and can best be facilitated by a friend, advisor, guide, or counselor. The process is still the same: we make use of the energy to seek an end to the pain, and we make an appropriate decision about the next step to take.

However negative the feelings elicited by being hit, we do not have to react by giving our whole attention to negative thoughts that contribute to the pain rather than alleviate it. Our experiences of distress – however unjustly imposed upon us – are very clear signs that point directly away from God, from life, and from love. They do not arise from God. We have the blessed option of turning to God, and seeking a way through and away from the source of whatever disturbs our bodies, minds, and spirits. All the energy that is stirred up can be turned from apparent harm to an actual increase in our sense of accomplishment. Victory over an external enemy might bring some little pleasure, but is nothing compared with the deep satisfaction of successfully resolving an interior struggle within ourselves, in direct personal interaction with God.

The first movement in the process of healing a hit is to acknowledge that it happens, and that it hurts. Once we bring the event to God as we experience it, God acts in concert with us, initiating a change within that we cannot achieve by ourselves.