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Healing of Injustices

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Healing of Injustices

Whether it is intended or not, all of us suffer a variety of minor or serious injustices, from unkind words to theft, threat, or injury. Without our deserving it, we might endure stress or discomfort at the actions or inactions of others with whom we live, work, or associate. No matter what has happened to us, we retain a significant choice: to "pay back" those who have disturbed us, or to continue following our own direction in life. We can follow the examples given us in many popular novels, movies, and TV programs in seeking "justice" through revenge, or we can leave aside all such considerations in favor of accomplishing what we want with our lives.

Revenge is not a normal or a helpful means of working through anger and hurt, no matter how blatant the injustices to us might be. The personal consequence of "getting back" at others is that we not only suffer the original injustice, but we change, and become less than we were before: a double loss. We ourselves become a source of more suffering, and retard the successful healing of our hurts and injuries, real or imagined.

Wishing others harm, spending time and energy on imagining how to get even with those who have hurt us, adds to our hurts. We place ourselves in an uncomfortably hot room and set the thermostat to a high temperature, with a timer: we will not allow ourselves to return to a normal state until the other person or persons suffer for what they have done to us. What a waste! How contrary to our own interests, and to the well-being of those around us!

Pain, stress, or discomfort can surprise us at times, and as a defense that ultimately provides no protection, we can focus our attention on those who have caused us harm, and fail to attend to our very real need for healing, recovery of balance, and as swift a return as possible to the life we choose to live. If, before we move ahead with our lives, we require an apology or expression of sorrow from those who might have offended us, we leave our lives in their hands. Seldom can we force others to accept responsibility for the effects of their words and actions upon us, but we always retain the power to appeal to our Advocate.

God will immediately come to our aid when we ask, seek, or attend. But God's response to the injustices we suffer might not immediately match well with some of the thoughts that arise from our feelings of hurt and anger. God, in being our Advocate, is against those who

might have treated us unjustly. Our healing is not dependent upon whether others are "brought to justice," but upon our letting God see and feel what we find within us as our responses to injustice. Our experiences of acceptance and compassion (Jesus knows injustice quite intimately) allow us to regain our balance, and to become capable of decisions that are not governed by hurt or anger.

The healing of injustices begins with complete openness to God about all the thoughts and feelings that roil within us, and concludes with the gift of restored peace that comes to those who entrust themselves to the One who rose after having suffered an unjust death.