

## Gathering Saturday night

If only I had been more careful that could have been avoided – like lost friendships, a disastrous business deal, broken heart, job termination, a failed study course. Every 'if only' infects our thinking and confidence. The ability to forgive ourselves, as well as others reduces the energy of our 'if only'. Jesus Christ taught us to pray;

well as others reduces the energy of our 'if only'. Jesus Christ taught us to 'Our Father... forgive us our debts, as we forgive our debtors'. He also said forgive the same person, 70x7 if necessary. In other words, cultivate the attitude of forgiveness. The other way to cure 'if only' infection is to learn the lessons and move on. Proverbs says; as a dog returns to its own vomit, so a fool repeats his folly. The past mistake has happened! Learn the lessons from the event, forgive all concerned (especially yourself) and then mentally consign it to history. That's new beginnings! David Rodway.

Jesus Loves You!

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