

Biblical Stress Management Times

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“And in the seventh month, on the first day of the month, you shall have a holy gathering; you shall do no labor; it is a day when the horn is sounded.” Numbers 29:1

This month brings the Jewish New Year called Rosh Hashana. It is a time of reflection and a chance to start anew. One of the central themes of this period is forgiveness. In my experience, forgiveness is one of the most difficult concepts for humans to implement. But it is also one of the most important to practice for our own stress management benefit. As is our tradition, I ask you to forgive me for any hurt I may have caused you by accident or on purpose. I have already forgiven all transgressions against me.

This month's e-zine will be a little different as it is less focused on the Bible. I'm offering some famous quotes on forgiveness and a story I found circulating on the Internet that I think sums it all up. If you know the author, let me know. Thank you Marcia Edberg for sending it to me. Also, please note my new phone number. Hugs, Gail

Forgiveness Quotes:

- ◆ Forgiveness is a gift of high value. Yet it costs us nothing. – Betty Smith
 - ◆ Always forgive your enemies – nothing annoys them so much. – Oscar Wilde
 - ◆ Forgive your enemies, but never forget their names. – John F. Kennedy
 - ◆ The weak can never forgive. Forgiveness is the attribute of the strong. – Mahatma Gandhi
 - ◆ There is no revenge so complete as forgiveness. – Josh Billings
 - ◆ To err is human, to forgive divine. – Alexander Pope
 - ◆ To err is human; to forgive is Not Company Policy. – Anonymous
 - ◆ When we forgive, we free ourselves from the bitter ties that bind us to the one who hurt us. – Dave Pelzer
 - ◆ We need to forgive because the other person doesn't have the right to continue to make us miserable. – The Late, Great, Herman Bretan
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SHAKE IT OFF AND STEP UP

Once upon a time, there was a farmer who had an old mule. The mule fell into a deep dry well and began to cry loudly. Hearing his mule cry, the farmer came over and assessed the situation. The well was deep and the mule was heavy.

He knew it would be difficult, if not impossible, to lift the animal out. Because the mule was old and the well was dry, the farmer decided to bury the animal in the well. In this way he could solve two problems: put the old mule out of his misery and have his well filled.

He called upon his neighbors to help him and they all agreed to help. To work they went. Shovel full of dirt after shovel full of dirt began to fall on the mule's back. He became hysterical. Then all of a sudden an idea came to the mule. Each time they would throw a shovel full of dirt on his back he would shake it off and step up. Shovel full after shovel full, the mule would shake it off and step up. Now exhausted and dirty, but quite alive, the mule stepped over the top of the well & walked through the crowd. A great attitude. A great way to approach life. Shake it off & step up.

Too often we hold on to what has happened to us. We hold on to it for a week, a month, even years. We cannot shake it loose from our memory. It eats away at us and steals our joy, happiness, and peace of mind. The past hurt can create feelings of bitterness, resentment, anger and revenge. We keep allowing these emotions to be thrown on our backs and if we do nothing, we will be buried deep in the well.

L'Shanah Tovah Tikatevu!

May this year bring blessings, health, prosperity, contentment, tolerance, and peace to the world.

With joy, Gail Bretan, MS, CRC, www.BiblicalStressManagement.com

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