

HEALING OF WOUNDS **AND FORGIVING OF INJURIES**

*A summary of session on Healing conducted
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Notes:

- ✓ *This prayer method may help you **to forgive** injuries done to you and also to **be healed** of the psychological and emotional wounds inflicted on you by those injuries; in other words, it may help you “To forgive and to forget”.*
- ✓ *It can be practiced individually or in a group directed by a moderator.*
- ✓ *This exercise is not recommendable for persons suffering from very old and deep wounds.*

Part I **INTRODUCTORY REFLECTIONS:**

Common Stressing and Hurting Life Situations.

- ***In the Family:*** lack of acceptance, put downs, authoritarianism, favoritism and discrimination, lack of appreciation, rejections, feeling unwanted and unloved, unfavorable comparisons, irrational expectations thrown on us, curtailment of our rights and freedom, distrust, criticisms, accusations, etc.
- ***In community and social life:*** similar situations.
- ***In our place of work:*** similar problems.
- ***In society at large:*** caste biases, discriminations, prejudices born from religious affiliation, ethnical group, language, national and regional belonging, etc.
- ***Personal relationships:*** broken friendships, unfaithfulness, let downs, betrayals, incompatibilities, etc.
- ***We can detect these hurts and negative feelings*** in ourselves from:
 - ✓ The remarks we pass against others
 - ✓ From the fact that we dislike and avoid meeting certain people.
 - ✓ We feel disgruntled and ill-tempered.
 - ✓ We act in an aggressive and discourteous manner.

Harmful Effects of Old Hurts.

- Because of these things, many of us, otherwise good and God-fearing people, consciously or unconsciously, are riddled with anger and resentments, big or small
- We behave in an “anti-Christian” fashion, we scandalize others.
- They block our prayer life and spoil our relationship with God.
- They nullify the good and charitable deeds, we, otherwise, do.
- They make us recoil inwards and cut us away from others,
- They freeze us and stop us from emotional and spiritual growth.
- They deaden our ability to see good in others,
- We take recourse to defense mechanisms: projections, rationalizations, compensations etc.

Part II

TEACHINGS AND EXAMPLES OF JESUS ON FORGIVENESS

We quote here the teachings and examples of forgiveness of Our Lord Jesus that meditating on them we may pick up courage to forgive others as Jesus did.

Teachings of the Lord on forgiveness.

Matthew : 5:21-26; 38-48-	Teaching about anger, revenge and forgiveness
Matthew : 6:12-15. –	The “Our Father”
Matthew: 7: 1-5. –	Judging others.
Matthew : 18: 21-35 –	Parable of the unforgiving servant

Examples of Jesus Forgiving People.

Zacchaeus	Lk 19/1-10
Adulterous Woman	Jn 8/1-11
Samaritan Woman.	Jn 4/1-41
Mathew	Mtr 9/9-13
Mary Magdalene.	Lk 7/36-50
Peter after the denial.	Jn 21/15-20
Good Thief	Lk 23/39-43
His Executioners.	Lk 23/32-34

Part III. HEALING THERAPY IN SIX STEPS

Step 1. Preparing the Area of the Wound.

Note: This step is meant to build up our strength and give courage to forgive.

Remember the Many Happy Moments in YourLife.

Be as positive as possible.

- Remember the countless blessings and favors you have received, in your past life, both from God and others, from your family and from friends in general.
- Leisurely, keep remembering and relishing the pleasant events of your childhood, of your school days, of later years, etc. **How much love you have received!**
- Spend time remembering those beautiful moments, especially the joyous peak experiences of your life. Relive them as vividly as you can. No hurry!
- Joyfully, thank God for the many good people you met in life, and also for the good things and happy moments you experienced.
- If it helps you, write down, in a litany form, all of them and after each write: “I thank you God!” for X,Y,Z.

Step 2. Surgery Looking at the Wound.

Note: It might have been a painful experience. Be sensitive, but realistic. Look at things objectively as they are. Avoid all exaggeration and being carried away by sentiments.

Remember and Reflect:

- The reality. What did happen? How did it happen? How much did it hurt you? ...

- Importance and relevance of the person/s that wounded you?
- Consider all the circumstances of that event, however painful they may be.

Time for Grieving and Mourning (*Very important*)

- Take as much time as you need to grieve. Do not be in a hurry.
- Express, release, unburden your feelings. Let them out!
- No inhibitions; cry, sob, yell, beat a pillow, share them with a wise confidant anything is allowed except hurting yourself or others.

Step 3. Prayer for Healing

- In silence, pray to God for strength to forgive and for healing
- Remember: Neither you, nor anyone else can help you to forgive and be healed. It's only God who can help you, both to bear the pain of the hurt and heal you!
- Our Lord Jesus Christ is the great healer. Ask Him for healing!
- Stay on in prayer as long as you feel like.

Step 4. Prayer for Understanding.

Note: Before God, try to see the entire situation in a rational and dispassionate way

“Why” and how” did that person hurt me? Why did he/she do that to me?

• **Ask yourself:**

- Did he/she, maliciously, try or intend to hurt me?
- Was he/she fully informed?
- Was he/she aware of my feelings?
- Was there not any possible misunderstanding?
- Was he/she not hurting him/herself?
- Was he/she not under the influence of some wrong assumptions?
- Or of some inborn and unknown prejudices?
- Remember the words of Jesus: **“Father, forgive them. They do not know what They do”** In truth, those who crucified Jesus did not know whom He really was!
- Have you never hurt anyone in your past life? **You too need to be forgiven by others!**
- Have you never sinned or done wrong against God? **You too, have to be forgiven by God!**
- **Forgiveness is a matter of give and take!** “Forgive and be forgiven!”
- Are you not saying every day in the ‘Our Father **‘Forgive us our sins as we forgive those who sin against us’**”?
- If you do not forgive others, can you, honestly, say “The Our Father”?

Step 5. Prayer to Discover the Blessings God has Given You precisely through the Wounds Inflicted on you.

Thoughts for prayer and reflection:

- Along with Christ, through our wounds and hurts, we redeem the world!
- Sufferings and crosses have a salving value! This is the Mystery of the Cross. “We hail thee, Savior and Lord, because by your Holy Cross you redeemed the World”

- We bear fruit only through suffering. ”Unless the grain of wheat falls into the ground and dies it will not bear fruit!”
- We learn what sympathy, compassion, understanding and empathy are through personal suffering.
- Anyone who has not suffered cannot truly love.
- The depth and quality of our love is shown by the way we forgive!
- Like Christ, we realize and manifest our “humanity” both through suffering

Step 6. Finally, For the sake of Jesus, Forgive those who Hurt You

- Do it silently, now, in the depth of your heart
- Close your healing prayer by asking God to bless the person/s you have forgiven. Then, recite “The Our Father.”
- If possible, later on, externally, get reconciled with your former enemies.
 - ✓ When an occasion arises, personally, meet your former ‘enemies’, now your ‘friends’ in Jesus, and offer them your pardon or tender them an apology.
 - ✓ Better still, have a dialogue with them and clear up past hurts and misunderstandings..
 - ✓ If you cannot meet them personally, call them over by phone or write to them note of apology.
 - ✓ Close your healing prayer asking God to bless the person/s you have forgiven.

Then, recite “The Our Father