

June 5, 2020 – Weekly Devotion

Love of Spirit Spiritualist Church, NSAC

Anger and Regret



The world has presented another week of unrest. The past months of home confinement added to the rise in emotions centering around the brutal murder of George Floyd. Many cities in our nation have been on alert due to looting and vandalism while concerned citizens walk in unity to make change in human rights and racism. It's more than that, it's rights and respect that has been set to the wayside for many years in this country towards the people of color bringing challenge to the Golden Rule.

As people come together to make positive change, there is still the past that presents events that are hard to look back. It's hard to relive as it brings painful emotions to the surface of prejudice and injustice. It brings up the sincerity of forgiveness. How can anyone who believes in God allow such cruelty to another? How can people come together in peace by a world of diversity? Maybe the pain is a reminder that this is the time for change. Maybe the pain serves as a thermometer of tolerance that behaviors never be repeated. Maybe the pain is a reminder that someone cared.

Don't say something you'll regret out of anger.

There once was a little boy who had a very bad temper. His father decided to hand him a bag of nails and said that every time the boy lost his temper, he had to hammer a nail into the fence. On the first day, the boy hammered 37 nails into that fence.

The boy gradually began to control his temper over the next few weeks, and the number of nails he was hammering into the fence slowly decreased. He discovered it was easier to control his temper than to hammer those nails into the fence. Finally, the day came when the boy didn't lose his temper at all. He told his father the news and the father suggested that the boy should now pull out a nail every day he kept his temper under control.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

'You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there.'

Moral: It won't matter how many times you say I'm sorry, the wound is still there. Make sure you control your temper the next time you are tempted to say something you will regret later.

When I minister to people who are beginning to transition, I ask, "What are your regrets?" Very few have no regrets. Many talk about the things they have done or said to others. Together, we talk about these regrets, which brings a genuine feeling of remorse that sometimes makes it difficult to talk about and work through. It's the hard conversation to release the burden of guilt.

As humans there are times when maybe the best choices weren't made, things were said out of anger, possibly physical action was committed. When I hear of the current looting, I get curious and wonder what is the intention and why do these people feel the need to destroy property and livelihoods? What is really going on with them? What is the root of these destructive acts? Is this their way of wanting to be heard? When I look at the people walking for change, I wonder about the personal stories they may have brought them to this peaceful way of unified support.

Anger can be caused by memories of traumatic events. Before judging anyone, who displays these acts of destruction, get curious. I wonder if this is the only way they feel they can make a statement, because of the deep seeded aggressive anger from something which was experienced at one time or another?

Everyone has the instinctual need to be heard. What is this time in history trying to teach us? What is the Infinite Intelligence trying to help us understand? What is being stated but not heard? Now more than ever, people are reaching out to be heard. Not only is this a time to speak, it's a this is a time to hear and to listen. And most important, to release regret and forgive.

May God keep you safe and well,

Bonnie.

God of clarity. I pray for those who are speaking out in ways I may not understand. Please, open my eyes that I may see beyond my perception. Open my ears, that I may hear the pleas and cries of those so angry and frustrated as they seek equality. Help heal those who have wounds so deep, that continue to bring pain. Thank you for using this time to continue to teach me to be a better human. Amen

ANNOUNCEMENTS

We will be holding a church service on Zoom, Sunday church service time at 5pm.

The invitation has been included in the body of this email.

- **Members: An annual meeting is being planned.** As soon as we have final details completed, you will receive information.
- **Anyone interested in taking classes for certification for** Commissioned Healer, Certified Medium, Ordained Minister and National Spiritualist Teacher, contact Pastor Bonnie at info@yourloveofspirit.com
- **If you want to continue to support the church,** we have added a “DONATE” button on the first page of our website. <https://www.yourloveofspirit.com/>. Thank you in advance for your continued support and a special thanks to those who have contributed. If you don't feel comfortable with PayPal and still want to help your church, contact the church through info@yourloveofspirit.com
- **For past devotions and copies of Sunday Sermons** go to <https://www.yourloveofspirit.com/Devotions>
- **Members:** Check your email this later the week of June 1 for membership updates.
- **For updates** visit our website: <https://www.yourloveofspirit.com/>
or Facebook: <https://www.facebook.com/YourLoveOfSpirit/?ref=bookmarks>

DECLARATION OF PRINCIPLES

1. We believe in Infinite Intelligence.
2. We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.
3. We affirm that a correct understanding of such expression and living in accordance therewith, constitute true religion.
4. We affirm that the existence and personal identity of the individual continue after the change called death.
5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
6. We believe that the highest morality is contained in the Golden Rule, “Do unto others as you would have them do unto you.”
7. We affirm the moral responsibility of individuals, and that we make our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws.
8. We affirm that the doorway to reformation is never closed against any soul here or hereafter.
9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.

PRAYER FOR SPIRITUAL HEALING

I ask the great unseen healing force to remove all obstructions from my mind and body and to restore me to perfect health. I ask this in all sincerity and honesty, and I will do my part.

I ask this great unseen healing force to help both present and absent ones who are in need of help and to restore them to perfect health. I put my trust and love in the power of God.