

Religion Page

Forgiving could cure your ills

But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. Matt. 6:15.

Much of today's thinking is couched in terms such as, "the high cost of living," "the high cost of education," and "the high cost of religion." To these we might add "the high cost of hating."

Hate with its unforgiving spirit has its price tag. It isn't cheap. For it shuts out the possibility of God's forgiveness, destroys happiness, ruins health, and robs us of our dearest possession — character.

It has been said, "An unforgiving Christian is a contradiction in terms." To be truly Christian is to be Christ-like, and Christ was and is all forgiving. Even in the agony on the cross He prayed, "Father forgive them, for they know not what they do."

According to Jesus, "If you forgive not men their trespasses neither will your Father forgive your trespasses." Lord Herbert expressed it in these words, "He who cannot forgive others breaks the bridge over which he must pass."

In the Lord's Prayer, when we pray "forgive us our debts as we forgive our debtors," we are asking God to deal with us as we deal with others. The mercy we show to others is really the measure of mercy we ask of God. And to forgive and be forgiven opens the door to real joy and peace.

An unforgiving spirit shuts out the possibility of genuine happiness. For true happiness depends more upon a person's inner spirit than on external conditions. Furthermore, to nurture thoughts of hatred and the desire for vengeance is to make ourselves more easily susceptible to mental and physical illness. Hate can and does ruin health.

Some years ago Life Magazine said, "the chief personality characteristic of person with hypertension is resentment," and "When resentment is chronic, chronic hypertension and heart trouble follow."

Dale Carnegie said that when Jesus said, "Love your enemies," He was not only preaching ethics, but also 20th century medicine. When He said, "Forgive 70 times seven," he was telling us how to keep from having high blood pressure, heart trouble, stomach ulcers, and many other ailments.

Dr. E. Stanley Jones in his book, "How to Receive Power," cites several interesting cases. He tells

From the Pulpit

Reverend Marlin Ressler



of a man who had high blood pressure and a heart affliction. He hadn't worked for 10 years. His doctor asked point blank "Against whom have you resentment?"

The man replied, "Against my nephew." The doctor got him to fix matters with his nephew. As a result the blood pressure dropped, his heart became normal, and he went back to work, a happy man.

Anger, resentment, and the desire for revenge are the major causes of the world's ills. In the little corporal, Adolph Hitler, a product of the First World War and an architect of the Second World War, we have a true picture of the destructive power of hate. The forces of evil he set loose

cost millions of lives and billions of dollars in property destruction. In the end, these same forces destroyed him.

To forgive is the quickest way to end trouble and to have peace and unity. For a forgiving spirit is by its very nature a unifying force. It can remove the barriers of separation between peoples and nations and weld them together in peace and goodwill.

Reverend Marlin K. Ressler is pastor of Heise Hill Brethren in Christ Church.

TWO LOCATIONS

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STOUFFVILLE MISSIONARY CHURCH
159 Main Street East 640-3911
Pastor: Rev. James Clubine
Assoc. Pastors: Douglas Gray Charles Mashinter

Sunday, Aug. 16th, 1987
9:45 A.M. - Sunday School Hour
11:00 A.M. - Morning Worship, Pastor Clubine Speaking
6:30 P.M. - Film: Super Christian II

WEDNESDAY
7:30 P.M. - Adult and Youth Prayer & Bible Study

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Sun. Aug. 16th, 1987
8:00 & 10:00 a.m.
HOLY COMMUNION
Guest Preacher:
The Rev. Barbara Rhodes

STOUFFVILLE BAPTIST CHURCH
(a Fellowship Church)
76 Main St. West
Sun. Aug. 16th, 1987
PASTOR M. BURGER
9:50 A.M. Sunday School All Ages (Nursery available)
11:00 A.M. Morning Worship
6:50 P.M. Warm Fellowship Service - Wednesday
8:00 P.M. Prayer Meeting at Church

For information call 640-2911.
A WARM WELCOME AT EVERY SERVICE

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34 Church St. N.
640-1163
Rev. Wayne Reed
Sun. Aug. 16th, 1987
10:00 A.M. Morning Worship & Baptismal Service

ST. JAMES PRESBYTERIAN CHURCH
101 Main St. E.
640-3151
Sunday, Aug. 16th, 1987
Diane Strickland
10 a.m. - Morning Worship
Nursery supervision and Junior Church provided.

MEMORIAL CHRISTIAN CHURCH
Sun. Aug. 16th, 1987
Pastor Calvin Stone
Main-Strouffer
10 a.m. - Sunday School
11 a.m. - Morning Worship
Wed. 7:30 P.M. - Prayer Meeting

BETHEL ASSEMBLY
(Pentecostal)
Hwy. #48, north of Hwy. #47
RINGWOOD
Rev. Howard Minaker,
Call 640-5555
LORD'S DAY

9:45 a.m. - Christian Education
11:00 a.m. - Morning Worship
7:00 p.m. - Evening Service

Saturday, 7:30 p.m.
COFFEE HOUSE
ALL ROADS LEAD TO BETHEL
JESUS IS THE ONLY WAY TO HEAVEN

HEISE HILL BRETHREN IN CHRIST CHURCH
Gormley, Ontario
Rev. Marlin K. Ressler
Pastor
Phone: 887-5489
Sunday, Aug. 16th, 1987
Christian Education 10:00 a.m.
Hour 11:00 a.m.
Worship Service 11:00 a.m.
No Evening Service due to Camp Meeting at Niagara Christian College, Fort Erie, Ont.

A WARM WELCOME AWAITS YOU AT HEISE HILL

BLOOMINGTON CHRISTIAN GOSPEL CHURCH
Sun. Aug. 16th, 1987
Rev. Bryan Coker
9:45 A.M. - Sunday School
11:00 A.M. - Morning Worship
Wed. 8:00 P.M. - Bible Study

ST. MARK'S CATHOLIC CHURCH
345 GLAD PARK AVE.
STOUFFVILLE
640-6665

SUNDAY MASS SCHEDULE
Saturday 5 p.m.
Sunday 8:30 a.m. and 10:30 a.m.

SPRINGVALE BAPTIST CHURCH
Gormley-Stouffville Rd.
At Kennedy Rd.
Pastor Rev. Robt. Flemming
887-5651

9:45 a.m. - Bible School
11:00 a.m. - Morning Worship
6:00 p.m. - Evening Service
WED: 7:00 P.M.
Adult Prayer & Bible Study
FRI: 7:00 P.M.
"Youth Alive"

NURSERY PROGRAM AVAILABLE

Stouffville pentecostal church
460 MAIN ST., STOUFFVILLE
ONT. 640-5696

9:45 a.m. Christian Education
11 a.m. Morning Worship
6:00 p.m. Evening Rally

Rev. Craig F. Pitts

BAKER HILL BAPTIST CHURCH
On Hwy 48
2 mi. north of Hwy 47
Pastor Dana Struve
9:50 - Sunday School
11:00 A.M. - Morning Worship
WEDNESDAY
8:00 p.m. Prayer & Bible Study Services at the Oldham's
ALL ARE WELCOME

WIDEMAN MENNONITE CHURCH
Hwy. 48-North of Major Mackenzie
Phone 640-1227
Pastor James R. Shantz
Sun. Aug. 16th, 1987
10:30 a.m. - Outdoor Worship and Sunday School Picnic at Willow Grove Camp.
No Evening Service

VIVIAN McCORMACK PASTOR - REV. W. GAWA
9:45 a.m. - Sunday School
11:00 a.m. - Morning Worship
7:00 p.m. - Evening Service
473-3543

MARKHAM MISSIONARY CHURCH
MAJOR MACKENZIE
(half mile east of McCowan Road)
294-5081

Pastors: Grant Sloss
Myles Toop

SUNDAY, AUG. 16
9:45 a.m. - Family Bible School
11:00 a.m. - Guest Speaker Rev. Winston Thurton, Grace Memorial Church, Don Mills. Soloist Erna Neufeld, St. Catharines
6:30 p.m. - Tony Campolo Film "Are You Having Fun Yet?"
Soloist Mr. Thurton

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