

## How Heavy Is Your Bag?

Written by Delores A. Hampton  
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A college professor had each of her students bring a clear plastic bag and a sack of potatoes. For every person they refused to forgive in life, they were told to choose a potato, write on it the name and date, and put it in the plastic bag. Some of their bags, as you can imagine, were quite heavy.

The students were then told to carry this bag with them everywhere for one week, putting it beside their bed at night, on the car seat when driving, next to their desk at work.

The hassle of lugging this around with them made it clear what a weight they were carrying spiritually, and how they had to pay attention to it all the time to not forget, and keep leaving it in embarrassing places.

Naturally, the condition of the potatoes deteriorated to a nasty slime. This was a great metaphor for the price they pay for keeping their pain and heavy negativity!

Too often we think of forgiveness as a gift to the other person, and while that's true, it clearly is also a gift for ourselves!

So the next time you decide you can't forgive someone, ask yourself...

Isn't MY bag heavy enough?

And when ye stand praying, forgive, if ye have ought against any: that your Father also which is iin heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses. - Mark 11:25,26

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