

Keeping Score

I could never be a scorekeeper for a basketball game. My eyes and mind are so busy trying to follow the action that I tend to overlook how many times the ball goes into the net. Thankfully, that is why they have a special person assigned to that specific task. Their one and only job is to keep score. Every time a player makes a basket, the scorekeeper's job is to hit the button that adds the correct number of points earned, so we, as spectators, can sit back and enjoy the game.

Similarly, without us even knowing it, our bodies are “keeping score.” While we are going about the business of living our lives, our bodies are dutifully keeping track of every wrongdoing, injustice, and hurtful word spoken to us. Piling up, layer upon layer, until our bodies ultimately reach their tipping point. The effects of this process often surface as anger, snide remarks, temper issues, bitterness, or anxiety, to name a few.

Unforgiveness, left unchecked, can build up inside us like cancer. Oftentimes, we are so busy sweeping these little offenses under the rug that we don’t even realize the damage it’s causing our bodies. Oh, believe me, the enemy of our soul is loving every minute of this charade. The longer our bodies keep tallying up those offenses, the more we become ineffective for Christian service.

In my case, I “obediently” dealt with the hurts and wrongdoings by praying a prayer or two for my offenders while trudging forward, not realizing I was only *temporarily* sweeping the hurts out of sight, while my body was still keeping score. Eventually, built-up anger and resentment surfaced in my life in the form of anxiety, rendering me useless and broken.

Thankfully, I walk in freedom now, and Psalm 139 is where I began my journey toward healing. The Psalmist begins by acknowledging God’s omniscience, which assures us of his intimacy. He then ascribes God as the creator of his very being, which boasts of His omnipotence. Then the Psalmist concludes with a request. He asks God to search him and see if there are any anxious thoughts or offensive ways (lit., “way of pain”) within him, confirming to us that God is able and willing to help us through our healing process.

Heavenly Father, in our quest to walk in freedom, we take confidence in the fact that you promise to never leave us alone. Thank you for our freedom purchased through the shed blood of Jesus Christ. May we never lose sight of your grace and mercy in the face of adversity. Help us to relinquish control of the justice we demand for those who wrong us. Lord, we love you and trust you with all our heart, soul, and mind and it’s in the precious name of Jesus we pray, Amen.

Blessings,

Trish Gibb