

Thought for the Day – Monday 22nd March 2021

By Jill Howard-Gunasekera

Sound judgement

There's a verse in the Bible I like, I think it's about God helping us to have a sober judgement of ourselves. God helping us to balance our own views about ourselves.

We often talk about loving others as we love ourselves, in fact in the confession many of us say every week, we say out loud, 'Forgive us, for not loving our neighbours as ourselves.

Loving ourselves is not perhaps meant to mean we give ourselves everything we want, in effect spoil ourselves as we understand 'spoiling a child'; always putting our needs front and centre.

Or, the opposite, judging ourselves so harshly that we can't forgive our own failings or faults and end up angry with ourselves.

Of course I'm sure most of us at some point see-saw between the two, and find it hard to stay in a good balance.

What might it mean to allow God to help us to balance out our view, so that we have this 'sober judgement' which I take to mean a 'healthy or sound' judgement.

If we can start our day with this wonderful thought – 'You are precious and priceless and greatly loved.' That's a nice place to start, to allow that sense of God's love to inspire us, to let that truth water us, a bit like a plant receiving nourishment. We can then look to our neighbours.

When we find ourselves acting selfishly, perhaps this could be as simple as coming to a conversation ready to share our own thoughts without thinking about what the other person's day has been like or what their feelings might be at that moment.

It's a balance. We don't love ourselves perfectly or love others perfectly. But if we can settle in to the knowledge of our fundamental worth before God, we have a good chance of finding that same worth in our neighbour, more balance and a sound judgement.

In all kinds of ways in our world today, a sound judgment – could do an awful lot of good.