

Forgiveness, Reconciliation, and You

Forgiveness Can Be Good for Your Health

Have you ever been cheated or mistreated? Got any lingering grudges you're holding onto? Is there any "unclear air" between you and a family member, neighbor, or coworker regarding a dispute, a slight, an offense? Could those situations use some forgiveness?

More and more medical doctors and social scientists are extolling the benefits of forgiveness and reconciliation, benefits both to individuals and to society. This article examines some of these benefits and presents several inspiring case studies, stories of forgiveness in action.

Would you believe that forgiveness can be good for your health? Lingering anger, stress, or high blood pressure could indicate that you need to forgive someone (or to be forgiven yourself). Many religions—including, of course, the Christian faith—have long held that forgiveness is an important component of a fruitful life. Now secular research supports its value.^{[\[1\]](#)}

In the early 1980s, Kansas psychologist Dr. Glenn Mack Harnden searched in vain to find studies on forgiveness in the academic digest *Psychological Abstracts*. Today there exist an International Forgiveness Institute and a ten-million-dollar "Campaign for Forgiveness Research" (Jimmy Carter and Desmond Tutu have been among the ringleaders). The John Templeton Foundation awards grants in the field.

Harnden says forgiveness "releases the offender from prolonged anger, rage, and stress that have been linked to physiological problems, such as cardiovascular diseases, high blood

pressure, hypertension, cancer, and other psychosomatic illnesses.”[{2}](#)

He’s big on this theme. When I ran into him in Washington, DC, a while back, he spoke enthusiastically about attending an international gathering in Jordan that saw forgiveness between traditional individual enemies like Northern Irish and Irish Republicans, Israelis and Palestinians.

George Washington University medical professor Christina Puchalski cites forgiveness benefits supported by research studies. Writing in *The Yale Journal for Humanities in Medicine*, she says, “The act of forgiveness can result in less anxiety and depression, better health outcomes, increased coping with stress, and increased closeness to God and others.” [{3}](#)

Daily life brings many sources of conflict: spouses, parents, children, employers, former employers, bullies, enemies. If offense leads to resentment and bitterness, then anger, explosion, and violence can result. If parties forgive each other, then healing, reconciliation, and restoration can follow.

Startling Contrition

Robert Enright is an educational psychology professor at the University of Wisconsin–Madison and president of the International Forgiveness Institute. He laments the fact that despite society’s conflicts, “almost never do we hear public leaders declaring their belief that forgiveness can bring people together, heal their wounds, and alleviate the bitterness and resentment caused by wrongdoing.”[{4}](#)

The year 2006 brought a startling example of contrition by Adriaan Vlok, former Law and Order Minister under South Africa’s apartheid regime. During the 1980s, racial conflict there boiled.

In 1998, Adriaan Vlok confessed to South Africa's Truth and Reconciliation Commission that ten years earlier in 1988 he had engineered the bombing of the headquarters of the South African Council of Churches, a prominent opposition group. The bombing campaign also included movie theaters showing "Cry Freedom," an anti-apartheid film.[\[5\]](#) I had tickets to see "Cry Freedom" in Pretoria the night it opened, but the screening was cancelled. The next morning, a bomb was discovered in the theater I would have attended.

You can imagine my interest when BBC television told of Vlok's 2006 attempt to reconcile personally with Rev. Frank Chikane, former head of the South African Council of Churches, the group whose headquarters Vlok had bombed. Chikane, now director general of the South African president's office, reports that Vlok visited his office and gave him a Bible with these words inscribed: "I have sinned against the Lord and against you, please forgive me (John 13:15)." That biblical reference is Jesus' Last Supper admonition that his disciples follow his example and wash one another's feet.

Chikane tells what Vlok did next: "He picked up a glass of water, opened his bag, pulled out a bowl, put the water in the bowl, took out the towel, said 'you must allow me to do this' and washed my feet in my office." Chikane gratefully accepted the gesture.[\[6\]](#)

Vlok, a born-again Christian, later told BBC television it was time "to go to my neighbor, to the person that I've wronged." He says he and his compatriots should "climb down from the throne on which we have been sitting and say to people, 'Look, I'm sorry. I regarded myself as better than you are. I think it is time to get rid of my egoism . . . my sense of importance, my sense of superiority.'" [\[7\]](#)

Startling contrition, indeed.

Strength to Forgive

Have you ever unexpectedly encountered someone who has wronged you? There you are, suddenly face-to-face with your nemesis. How do you feel? Frederic Luskin, director of the Stanford Forgiveness Project, says, "Our bodies react as if we're in real danger right now to a story of how someone hurt us seven years ago. . . . You're feeling anger, your heart rhythm changes . . . breathing gets shallow." [\[8\]](#)

Corrie ten Boom and her Dutch family hid Jews from the Nazis during World War II. For this she endured Ravensbruck, a concentration camp. Her inspiring story became a famous book and film, *The Hiding Place*.

In 1947 in a Munich church, she told a German audience that God forgives. "When we confess our sins," she explained, "God casts them into the deepest ocean, gone forever." [\[9\]](#) After her presentation, she recognized a man approaching her, a guard from Ravensbruck, before whom she had had to walk naked. Chilling memories flooded back.

"A fine message, *Fraulein!*" said the man. "How good it is to know that, as you say, all our sins are at the bottom of the sea!" He extended his hand in greeting.

Corrie recalled, "I, who had spoken so glibly of forgiveness, fumbled in my pocketbook rather than take that hand. He would not remember me. . . . But I remembered him and the leather crop swinging from his belt. I was face to face with one of my captors, and my blood seemed to freeze."

The man continued: "You mentioned Ravensbruck in your talk. . . . I was a guard there. . . . But since that time . . . I have become a Christian. I know that God has forgiven me for the cruel things I did there, but I would like to hear it from your lips as well, *Fraulein*." He extended his hand again. "Will you forgive me?"

Corrie stood there, unable to forgive. As anger and vengeance raged inside her, she remembered Jesus' death for this man. How could she refuse? But she lacked the strength. She silently asked God to forgive her and help her forgive him. As she took his hand, she felt a "healing warmth" flooding her body. "I forgive you, brother!" she cried, "With all my heart."

"And so," Corrie later recalled, "I discovered that it is not on our forgiveness any more than on our goodness that the world's healing hinges, but on [God's]. When He tells us to love our enemies, He gives, along with the command, the love itself."

"My Father, the Town Alcoholic"

When Stanford education and psychology professor Carl Thoresen and his colleagues began recruiting adult subjects for the Stanford Forgiveness Project, they had trouble signing up males. When they started using the terms "grudge" and "grudge management" in the recruiting, the men came. Thoresen thinks some men felt "forgiveness" was a feminine activity, but a "grudge" was something they probably should deal with.[{10}](#)

Consider a guy who had a longstanding grudge involving a family member. And aren't family conflicts often causes of intense stress?

As a teenager on the family farm, Josh McDowell loved his mother but despised his father "more than anyone else in the world."[{11}](#) His friends would joke about his dad being drunk. It tore him up inside. "I hated my father for the embarrassment and shame his alcoholism caused my family," McDowell relates. "I also resented what it caused him to do to my mother. I'd go out in the barn and see my mother beaten so badly she couldn't get up, lying in the manure behind the cows." Eventually his mother lost the will to live and died, Josh says, "of a broken heart."

In college, Josh met some followers of Jesus whom he liked. Skeptical about Christianity's validity, he accepted their challenge to examine evidence regarding Jesus' claims and found it convincing.[{12}](#) He thanked Jesus for dying for him, admitted his flaws to God, and asked Christ to enter his life and take over. Soon he realized he no longer hated his father.

Josh says, "I had confessed to God my feelings for my dad, asked God to forgive me, and prayed that I could forgive. And it happened as quickly as I asked. No longer was my dad a drunk to be hated. Now I saw him as a man who had helped give me life. I called him and told him two things I had never told him before: 'Dad, I've become a Christian and . . . I love you.'"

"But how . . . how can you love a father like me?" Josh's dad asked on another occasion. Josh explained how to place his faith in Christ and his father made that decision, too. About fourteen months later, his alcohol-ravaged body gave out and he died. But the changed life of the town alcoholic influenced scores of people to place their lives in God's hands. "My dad's life was brand new those last 14 months," recalls Josh. "His relationship with me and with God were both reconciled. Jesus Christ is a peacemaker."

Forgiveness, Reconciliation, and You

Secular research supports the value of forgiveness, a concept at the core of Christian faith. You might wonder, "How does all this relate to me personally?" May I offer some suggestions?

As a starting point, *become forgiven yourself*. The late and renowned ethicist Lewis Smedes wrote, "Forgiving comes naturally to the forgiven."[{13}](#) Josh McDowell says once he was forgiven by God, he could forgive his alcoholic father. If you've never known for sure that God is your friend, I encourage you to ask Him to forgive you. You might say

something like this to Him right now:

Jesus, I need you. Thanks for dying for my flaws and rising again. I ask you to forgive me and enter my life. Please help me to become good friends with you.

If you asked Jesus to forgive you and enter your life, He did. Tell another believer about your decision. Contact this radio station or the Web site Probe.org and ask how you can grow in your faith.

If you've already come to faith in Christ, *keep short accounts with God*. One early follower of Jesus wrote, "If we confess our sins to [God], he is faithful and just to forgive us and to cleanse us from every wrong."[{14}](#) The proverbial country preacher said, "I 'fesses 'em as I does 'em."

Ask God to give you the strength to forgive others and love them as He does. Lewis Smedes mentions three components of forgiving others: "First, we surrender our right to get even. . . . Second, we rediscover the humanity of our wrongdoer . . . that the person who wronged us is a complex, weak, confused, fragile person, not all that different from us. . . . And third, we wish our wrongdoer well."

Contact the person you've wronged—or who has wronged you—and seek to make peace if appropriate and possible. The biblical prescription is that the offender and the offended should run into each other as each is en route to contact the other.[{15}](#) Of course, not everyone will want to reconcile, but you can try.

Realize that forgiving may take time. Shortly before his death, Oxford and Cambridge scholar C. S. Lewis wrote, "I think I have at last forgiven the cruel schoolmaster who so darkened my youth. I had done it many times before, but this time I think I have really done it."[{16}](#)

Forgiveness and reconciliation can be contagious. They can make an important difference in families, neighborhoods, workplaces, and nations. A good relationship takes two good forgivers.

Is there anyone with whom you need to reconcile?

Notes

1. Gary Thomas, "The Forgiveness Factor," *Christianity Today*, January 10, 2000, 38-45.
2. Ibid., 38.
3. Christina M. Puchalski, M.D., "Forgiveness: Spiritual and Medical Implications," *The Yale Journal for Humanities in Medicine*, September 17, 2002; <http://tinyurl.com/yw45eo>; accessed January 27, 2007.
4. Thomas, loc. cit.
5. "Botha implicated in Church bombing," BBC News online, July 21, 1998; <http://news.bbc.co.uk/2/hi/africa/136504.stm>; accessed September 3, 2006.
6. "Feet washed in apartheid apology," BBC News online, 28 August 2006; <http://news.bbc.co.uk/2/hi/africa/5292302.stm>; accessed September 3, 2006.
7. "Minister atones for race sins," BBC News video, 3 September 2006; <http://tinyurl.com/2ruu2l>; accessed October 4, 2006.
8. Joan O'C. Hamilton, "Peace Work," *Stanford Magazine*, May/June 2001, 78; <http://www.stanfordalumni.org/news/magazine/2001/mayjun/features/forgiveness.html>.
9. Corrie ten Boom, "Death Camp Revisited," *Worldwide Challenge*, July/August 1994, 35-36. Quotations from and details of this encounter as related in this section are from this source.
10. Hamilton, loc. cit., 77.
11. Josh McDowell, "Forgiving My Father," *Worldwide Challenge*, July/August 1994, 37-38. Quotations from and details of McDowell's story as related in this section are from this

source.

12. To examine some of the evidence for Jesus, visit www.WhoIsJesus-really.com and www.probe.org.

13. Lewis B. Smedes, "Keys to Forgiving," *Christianity Today*, December 3, 2001, 73;

<http://www.christianitytoday.com/ct/2001/015/42.73.html>.

Quotations and concepts from Smedes cited in this section are from this source.

14. 1 John 1:9 NLT.

15. Matthew 5:23-24; 18:15-17.

16. Smedes, loc. cit.; emphasis in the quotation is without attribution.

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South African Apartheid Leaders Apology for Racial Sins

Could the world use a bit more contrition, forgiveness and reconciliation?

Recent international news reports brought a startling example of contrition by Adriaan Vlok, former Law and Order Minister under South Africa's apartheid regime.

Robert Enright is an educational psychology professor at the University of Wisconsin-Madison and president of the International Forgiveness Institute. He laments the fact that despite society's conflicts, "almost never do we hear public leaders declaring their belief that forgiveness can bring people together, heal their wounds, and alleviate the

bitterness and resentment caused by wrongdoing.” [{1}](#)

Here’s an exception.

During the 1980s, conflict raged between South Africa’s white minority Afrikaner government and the black majority opposition. One former African National Congress operative—now a government official—told me over breakfast in Cape Town that his responsibilities back then had been “to create chaos.” Mutual hostility and animosity often reigned.

Bombing Campaign

In 1998, Adriaan Vlok confessed to South Africa’s Truth and Reconciliation Commission that in 1988 he had engineered the bombing of the headquarters of the South African Council of Churches, a prominent opposition group. The bombing campaign also included movie theaters showing “Cry Freedom,” an anti-apartheid film. [{2}](#)

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An Example to Follow?

That biblical reference is Jesus’ Last Supper admonition that his disciples follow his example and wash one another’s feet. The inscription’s words echo those of the Prodigal Son who in the famous biblical story returns home after squandering his

inheritance, hopes his father will accept him as a hired hand, and says, "I have sinned against heaven and against you." {3} The father rejoices over his return, warmly receives him as son, and throws a welcome celebration.

Chikane tells what Vlok did next: "He picked up a glass of water, opened his bag, pulled out a bowl, put the water in the bowl, took out the towel, said 'you must allow me to do this' and washed my feet in my office." Chikane gratefully accepted the gesture. {4}

Vlok, a born-again Christian, later told BBC television it was time "to go to my neighbor, to the person that I've wronged." He says he and his compatriots should "climb down from the throne on which we have been sitting and say to people, 'Look, I'm sorry. I regarded myself as better than you are. I think it is time to get rid of my egoism my sense of importance, my sense of superiority.'" {5}

Startling contrition, indeed.

Forgiveness Components

The late and renowned ethicist Lewis Smedes stressed three components of forgiving others: "First, we surrender our right to get even.... Second, we rediscover the humanity of our wrongdoer...that the person who wronged us is a complex, weak, confused, fragile person, not all that different from us.... And third, we wish our wrongdoer well." {6}

Former U.S. Senator Alan Simpson has quipped that those in Washington, DC traveling "the high road of humility" won't encounter "heavy traffic." {7} Too often the same holds in workplaces, neighborhoods and families. Could Vlok's example inspire some changes?

Notes

1. Gary Thomas, "The Forgiveness Factor," Christianity Today,

January 10, 2000, 38.

2. "Botha implicated in Church bombing," BBC News online, July 21, 1998; news.bbc.co.uk/2/hi/africa/136504.stm; accessed September 3, 2006.

3. Luke 15:21 NIV.

4. "Feet washed in apartheid apology," BBC News online, 28 August 2006; news.bbc.co.uk/2/hi/africa/5292302.stm; accessed September 3, 2006.

5. "Minister atones for race sins," BBC News video, 3 September 2006; <http://tinyurl.com/g899l>; accessed October 4, 2006.

6. Lewis B. Smedes, "Keys to Forgiving," Christianity Today, December 3, 2001, 73; www.christianitytoday.com/ct/2001/015/42.73.html.

7. Harry Kreisler, "Let 'er Rip! Reflections of a Rocky Mountain Senator: Conversation with Alan K. Simpson, Former U.S. Senator, Wyoming," Conversations with History, Institute of International Studies, University of California-Berkeley, September 17, 1997; globetrotter.berkeley.edu/conversations/Simpson/simpson1.html; accessed October 2, 2006.

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Christianity and Racism – Was Jesus a Racist?

Rusty Wright takes a hard look at this question: does Christianity promote racism? He looks at the lives and teachings of Jesus and Paul to see if they taught equality of all races or promoted racism. He finds that it is not the teachings of Christianity that promote racism. A biblical

worldview will create a love for all people and a desire to help them develop personal faith.

Does Christianity Promote Racism?

Thirty years after the heyday of the Civil Rights movement, racial issues in the US remain sensitive. Racial quotas in the workplace and academia continue to be controversial. Prominent corporations are accused of racist practices. Certain supremacy groups promote the Bible, God and the white race. Race and politics interact in ways that carry both national and international significance.

A few years back, the Southern Baptist Convention made headlines for renouncing racism, condemning slavery and apologizing for the church's intolerant past. That laudable contrition raised a deeper question: Why would Christianity ever be associated with racial oppression in the first place? How did the faith whose founder told people to "love one another" ever become linked with human bondage and social apartheid?

African-American theologian James Cone notes that "In the old slavery days, the Church preached that slavery was a divine decree, and it used the Bible as the basis of its authority."[{1}](#)

"Not only did Christianity fail to offer the ... [Black] hope of freedom in the world, but the manner in which Christianity was communicated to him tended to degrade him. The ... [Black] was taught that his enslavement was due to the fact that he had been cursed by God. ... Parts of the Bible were carefully selected to prove that God had intended that the...[Black] should be the servant of the white man...."[{2}](#)

As a white baby boomer growing up in the South, I experienced segregated schools, restrooms, drinking fountains and beaches. My parents taught and modeled equality, so the injustice I saw

saddened me deeply. I was appalled that the Ku Klux Klan used the Bible and the cross in its rituals.

During college, a friend brought an African-American student to a church I attended in North Carolina. The next Sunday, the pastor announced that because of “last week’s racial incident” (the attendance of a Black), church leaders had voted to maintain their longstanding policy of racial segregation. Thereafter, any Blacks attending would be handed a note explaining the policy and asking that they not return. I was outraged and left the church. (Postscript: A few years ago I learned that that white church had folded and that an African-American church came to use the same facility. Maybe God has a sense of humor.)

Does Christianity promote racism? Is it mainly a faith for whites? This article will examine these two burning questions.

Was Jesus Racist?

Does the Christian faith promote racism? Is it mainly for whites? Certain extremists think so. Some slavery-era ministers wrote books justifying slavery. George D. Armstrong wrote in *The Christian Doctrine of Slavery*, “It may be... that Christian slavery is God’s solution of the problem [relation of labor and capital] about which the wisest statesmen of Europe confess themselves at fault.”[\[3\]](#)

Consider another book, *Slavery Ordained of God*. In it, Fred A. Ross wrote, “Slavery is ordained of God, ... to continue for the good of the slave, the good of the master, the good of the whole American family, until another and better destiny may be unfolded.”[\[4\]](#)

Those words seem quite different from the biblical injunction to “love your neighbor as yourself,” a statement with equally poignant historical roots.

In first-century Palestine, the Jews and Samaritans were

locked in a blood feud. Divided by geography, religion and race, the two groups spewed venom. Each had its own turf. Jews considered the Samaritans to be racial “half-breeds.” The two groups disputed which followed the Bible better and on whose land proper worship should occur.

The Samaritans were often inhospitable to{5} and hostile toward the Jews. Many Jewish pilgrims deliberately lengthened their journeys to bypass Samaria. Jews publicly cursed Samaritans in their synagogues, would not allow Samaritan testimony in Jewish courts, and generally considered Samaritans excluded from eternal life.{6}

Once a Jewish lawyer asked Jesus of Nazareth, “Who is my neighbor?”{7} Jesus, who as Jew surprised people by mixing freely with Samaritans, told him a now famous story. Robbers attacked a Jewish traveler, beating him and leaving him half-dead. Two Jewish religious leaders ignored the injured man as they passed by. But a Samaritan felt compassion for the Jewish victim – his cultural enemy – and bandaged his wounds, transported him to an inn and provided for his care. Jesus’ point? This “Good Samaritan” was an example of how we should relate to those with whom we differ.

The founder of the Christian faith was no racist. He told people to get along. What about a chief expositor of the Christian faith? And why is eleven o'clock Sunday morning often the most segregated hour of the week? Let's turn now to these important questions.

Was A Chief Expositor of the Faith A Racist?

Does Christianity promote racism? As we have seen, Jesus of Nazareth was no racist. Living in a culturally and racially diverse society that was in many ways analogous to ours, He promoted harmony by His example and His words. What about Paul, one of the chief expositors of faith in Christ?

Paul often had to counsel members of the communities he advised about diversity issues. Some in the groups with which he consulted were Jews, some were non-Jews or "Gentiles." Some were slaves and some were free. Some were men and some were women. The mix was potentially explosive.

From prison, Paul wrote to a friend whose slave had run away, had met Paul, and had come to faith. Paul appealed to his friend on the basis of their relationship to welcome the slave back not as a slave but as a brother. He offered to repay any loss from his own pocket. The letter survives in the New Testament as the book of "Philemon" and is a touching example of a dedicated believer seeking to internally motivate a slaveholder to change his attitudes and behavior.{8}

Paul felt that the faith he had once persecuted could unify people. He wrote to one group of believers that because of their common spiritual commitment, "There is neither Jew nor Greek, slave nor free, male nor female, for you are all one..."{9} Paul, a Jew by birth, wrote to some non-Jewish believers that "Christ himself has made peace between us Jews and you Gentiles by making us all one people. He has broken down the wall of hostility that used to separate us."{10}

Paul exhorted another group of believers to live in harmony. He wrote, "Since God chose you to be the holy people whom he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. You must make allowance for each other's faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others. And the most important piece of clothing you must wear is love. Love is what binds us all together in perfect harmony."{11}

Paul promoted harmony, not discord. If the founder of the faith and its chief expositor were not racists, why is eleven o'clock Sunday morning often the most segregated hour of the week?

True Followers?

Why is Christianity often associated with racism? The short answer is that some that claim to be followers of Jesus are not really following Him. They may have the label "Christian," but perhaps they never have established a personal friendship with Christ. They may be like I was for many years: a church member, seemingly devoted, but who had never accepted Christ's pardon based on His death and resurrection for me. Or they may have genuine faith, but haven't allowed God into the driver's seat of their life. I've been there, too.

I shall always remember Norton and Bo. Norton was a leader of the Georgia Black Student Movement in the 1970s. Bo was a racially prejudiced white Christian. Once during an Atlanta civil rights demonstration, Bo and some of his cronies beat Norton up. The animosity ran deep.

Norton later discovered that Christianity was not a religion of oppressive rules, but a relationship with God. As his faith sprouted and grew, his anger mellowed while his desire for social justice deepened. Meanwhile, Bo rejected his hypocrisy and began to follow his faith with God in control. Three years after the beating, the two unexpectedly met again at a Christian conference. Initial tension melted into friendship as they forgave each other, reconciled and treated each other like brothers.

Of course not all disobedient Christians are racists. Nor is everyone not aligned with Jesus a racist. But faith in Christ can give enemies motivation to reconcile, to replace hatred with love.

Historical examples abound of true faith opposing racism. John Newton, an 18th-century British slave trader, came to faith, renounced his old ways, became a pastor, and wrote the famous hymn, "Amazing Grace." Newton encouraged his Christian friend, William Wilberforce, who faced scorn and ridicule in leading a

long but successful battle in Parliament to abolish the slave trade.

Does Christianity promote racism? No, true Christianity seeks to eliminate racism by changing people's hearts.

After I had spoken on this theme in a sociology class at North Carolina State University, a young African-American woman told me, "All my life I've been taught that white Christians were responsible for the oppression of my people. Now I realize those oppressors were not really following Christ."

Is Christianity just for whites? Norton, the Black activist, certainly did not think so. Let's look further at the faith that crosses racial divides.

The Heart of the Matter

Is Christianity just for whites? Jesus and Paul said anyone who believed would be plugged into God forever. Africa has millions who follow Jesus. Koreans send missionaries to the US. And don't we need them!

In Cape Town, South Africa, Saint James Church has been a beacon of diversity and social concern with its white, Black, Asian and biracial members. One Sunday evening, radical Black terrorists sprayed the multiracial congregation with automatic gunfire and grenades. Eleven died and 53 were wounded, some horribly maimed. The world press was astounded by the members' reaction.

Lorenzo Smith, who is biracial, saw his wife, Myrtle, die from shrapnel that pierced her heart as he tried to shield her. Yet he forgave the killers. "I prayed for those that committed the crime," he told me, "so they, too, can come to meet [the Lord]."

The president of the West African nation of Benin came to the US a few years back with a message for African American

leaders: His compatriots were sorry for their ancestors' complicity in the slave trade. An often-overlooked component of slavery's historical stain is that Black Africans sold other Black Africans into slavery. When rival tribes made war, the victors took prisoners and made them indentured servants, often selling them to white slave merchants.

Benin's President Kerekou, who in recent years had made his own commitment to Christ, invited political and church leaders to his nation so his tribal leaders could seek reconciliation with African Americans.

Brian Johnson, an African-American organizer, said the realization that Blacks sold other Blacks into slavery has been difficult for many African Americans to handle. "This made it difficult to hold the White man responsible," he explained as we spoke. "This creates some problems in our own psyche. We have to deal with another angle to this.... It's not merely a Black-White thing."

The problem is in human hearts, Johnson believes. "All have sinned," he claims, quoting the New Testament.^{12} "All of us need to confess our wrong and appeal to [God] for forgiveness."

Russian novelist Leo Tolstoy lamented that "Everybody thinks of changing humanity, but nobody thinks of changing himself."^{13} True Christianity is not just for whites, and it does not promote racism but seeks to eliminate it. Changing corrupt institutions is very important. An ultimate solution to racism involves changing individual hearts.

Notes

1. James Cone, *Black Theology and Black Power* (Maryknoll, NY: Orbis, 1997), p. 74.
2. E. Franklin Frazier, *Black Bourgeoisie* (New York: Collier

Books, 1965), p.115. Quoted in *ibid*. Bracketed words are mine.

3. Quoted in Frazier, *loc. cit.*; quoted in Cone *loc. cit.*. Neither emphasis nor bracketed words are mine. Emphasis is likely Frazier's or Armstrong's. Bracketed words could be either Frazier's or Cone's.

4. Quoted in Frazier, *loc. cit.*; quoted in Cone *loc. cit.*

5. Luke 9:52-53.

6. Merrill F. Unger, *Unger's Bible Dictionary* (Chicago: Moody Press, 1957, 1961, 1966), pp. 958-960. See also John 4:1-45.

7. Luke 10:29 ff.

8. Philemon 1-25.

9. Galatians 3:28 NIV.

10. Ephesians 2:14 NLT.

11. Colossians 3: 12-14 NLT.

12. Romans 3:23 NIV.

13. *World Christian magazine* (February 1989), p. U8.

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Church's Intolerant Past Not a True Representation of

Christianity

The Southern Baptist Convention recently made headlines for renouncing racism, condemning slavery and apologizing for the church's intolerant past. That laudable contrition raises a deeper question: Why would Christianity ever be associated with racial oppression in the first place?

How did the faith whose founder told people to "love one another" become linked with human bondage, social apartheid and even today's racist militias?

As a white baby boomer growing up in the South, I experienced segregated schools, restrooms drinking fountains and beaches. My parents taught and modeled equality, so I was saddened by the injustice I saw. A CBS documentary emphasized the Ku Klux Klan's use of the Bible and the cross in its rituals.

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Some 19th-century ministers preached that slavery was a divine decree. In his book, "Slavery Ordained of God," Fred A. Ross wrote, "Slavery is ordained of God ... to continue for the good of the slave, the good of the master, the good of the whole American family." Those words seem quite different from the biblical injunction to "love your neighbor as yourself," a statement with equally poignant historical roots.

In first-century Palestine, the Jews and Samaritans were locked in a blood feud. Divided by geography, religion and race, the two groups spewed venom, with Jewish pilgrims

deliberately lengthening their journeys to bypass Samaria. Once, a Jewish lawyer asked Jesus of Nazareth, "Who is my neighbor?" Jesus, who as a Jew surprised people by freely mixing with Samaritans, told a now famous story: The Good Samaritan aided a badly injured Jewish traveler who had been ignored by two passers-by, Jewish religious leaders. Which of the three was the "neighbor"? Obviously, the one who showed mercy.

The power of true faith to reconcile enemies was driven home to me in the '70s by Norton, Georgia state leader of the Black Student Movement, and Bo, a prejudiced White church member. Once during an Atlanta civil rights demonstration, Bo and his pals assaulted Norton. The animosity was mutual. Norton later discovered that Christianity was not a religion of oppressive rules, but a relationship with God. As his faith sprouted and grew, his anger mellowed, while his desire for social justice deepened. Meanwhile, Bo chose to reject his hypocrisy and follow his faith. Three years after the beating, the two unexpectedly met again at a conference on the Georgia coast. Initial tension melted into friendship as they forgave, reconciled and treated each other like brothers.

Historical and contemporary examples abound of true faith promoting reconciliation and opposing racism. John Newton, an 18th-century British slave trader, renounced his old ways, became a pastor and wrote the hymn "Amazing Grace." Newton encouraged his Christian friend William Wilberforce, who faced scorn and ridicule, in leading a long but successful battle in Parliament to abolish the slave trade.

In South Africa in 1988, my heart ached as I saw impoverished Black townships and inequality falsely justified by religion. I also saw signs of hope. At a multiracial university student conference, Peter, a white Afrikaner, told me, "All my life, I've been taught the races should be separate. But now because of my faith, I believe we can be one."

Sadly, his efforts to convince his friends back home were frustrating. "Maybe, you can love the Black man," they reluctantly conceded, "but you can't associate with him." Inner change often takes time and hinges on individual willingness.

Two years ago in Cape Town, radical Black terrorists sprayed a multiracial congregation with automatic gunfire and grenades. Eleven died and 53 were wounded, some horribly maimed. The world press was astounded by the members' reaction.

Lorenzo Smith's wife, Myrtle, died from shrapnel that pierced her heart as he tried to shield her. In spite of his loss, he forgave the killers: "I prayed for those that committed the crime." The pastor explained, "Christian forgiveness doesn't mean that we condone what has happened or that we don't wish the law to take its course, but that we have no desire for vengeance. We're more determined than ever to contribute toward reconciliation and a peaceful future."

Former Vermont Sen. George Aiken said that if one morning we awoke to discover everyone was the same race, color and creed, we'd find another cause for prejudice by noon. Human hearts need changing.

A young African-American woman heard a speech on this theme in her sociology class at North Carolina State University. "All my life I've been taught that white Christians were responsible for the oppression of my people," she noted. "Now, I realize those oppressors weren't really following Christ."

The Southern Baptists were right to renounce racism. Other institutions should take note. Racist policies, laws and yes—militias—need changing. But so do human beings. True Christianity does not promote racism but seeks to eliminate it by changing human hearts.

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