

SCRIPTURE - Matthew 5:44-45 - Jesus said, "Love your enemies; bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you."

If one of you were to sneeze right now, what would likely happen? Probably a whole chorus of us would say in unison, "Bless you!" And we would mean it

But think of what happens when someone releases a curse word. I literally have a visceral reaction; my stomach flip-flops and my jaw clenches. A Japanese researcher, Dr. Masaru Emoto, discovered that the molecular structure of water changes with positive thoughts such as love, joy and peace - but disintegrates with negative or evil thoughts. And this is just with thoughts, not words!

Another scientific study showed a correlation between speaking blessings or curses over rice as it was growing. The cursed rice did not grow but the blessed rice flourished! Can you imagine the impact blessing and cursing have on our bodies?!

When we judge others, or even ourselves, in harsh terms, we are effectively cursing.

We have all done it - but God tells us to choose blessing, even to bless those who persecute us. When our teams pray for people to be healed, often we ask them if they are holding unforgiveness towards another or even towards themselves. We might also ask if they have believed false things about themselves or if there are generational curses in their family line.

When Jesus died on the cross, He became the curse for us - the blood sacrifice for the remission of our sins. He forgave us of all our transgressions and removed them as far as the east is from the west. He told us to forgive others just as He forgave us.

As believers in Christ, we have authority in the name of Jesus to bind the enemy who came to steal, kill and destroy - and to release the power of God over ourselves, our families, and those around us. We can choose to bless them and watch with expectation as the Kingdom of God comes on earth as it is in heaven. Those who bless others are abundantly blessed.

