
EDITORIAL

Have You Cursed Your Neighbour Today?

The biblical Psalms should be compulsory reading for us in this time of uncertainty. The raw feelings of despair and hatred are expressed freely in many Psalms; 109 and 69 are good examples.

CS Lewis¹ says about these Psalmists: "These poets lived in a world of savage punishments, of massacre and violence, of blood sacrifice in all countries and human sacrifice in many." We are living in a time of our own history where all these apply to our situation. We no longer disguise our hatred from ourselves and others with a veneer of politeness.

We hope for things to change within ourselves and our communities, for the better, as we go towards the first open election and beyond it. Yet, people enter our consulting rooms in despair as they face the difficulties of the present. Last year 10% of matriculants were expected to find employment. This year the prediction is that only 1% of them will be able to find work in the formal sector. People are still being retrenched. People are still dying. People are spreading the most horrendous stories and believing them about what is going to happen after the election. Such people often cross our paths as they get more than their fair share of illnesses and even sometimes come to us with undisguised depression, fatigue, anxiety and panic. Reading the Psalms will help us to acknowledge and express our own darkest feelings without remaining stuck in them. The Psalmist usually expresses his

hope together with the fear and anger, even against God!

I also detect much hope in myself and others and I hear stories on "senseless friendship and kindness". Let's rather repeat these acts and stories than the destructive rumours. However, if we freely express our fear and anger, we might sooner be freed to hope again. Through the ages David and the other Psalmists have helped people do this. We can turn to them for healing even today.

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Reference

1. Lewis CS. Reflections on the Psalms. London: Fontana Books, 1961.