



Understanding a Forgotten Correlation



I HATE
hatred

“Hate the right things well”

- For fear of abusing it, most will do their best to bottle up hatred and refrain from any expression of it.
- Yet the problem is not hate itself, for it is a divine attribute, but in what and how we hate. Channeling hatred properly is as godly as love!
- Let us define “love” as that which we invest in, move toward, or devote ourselves to. Conversely, “hate” is that which we refrain from, avoid, or set ourselves against.

Defined (Partly) By What We Hate

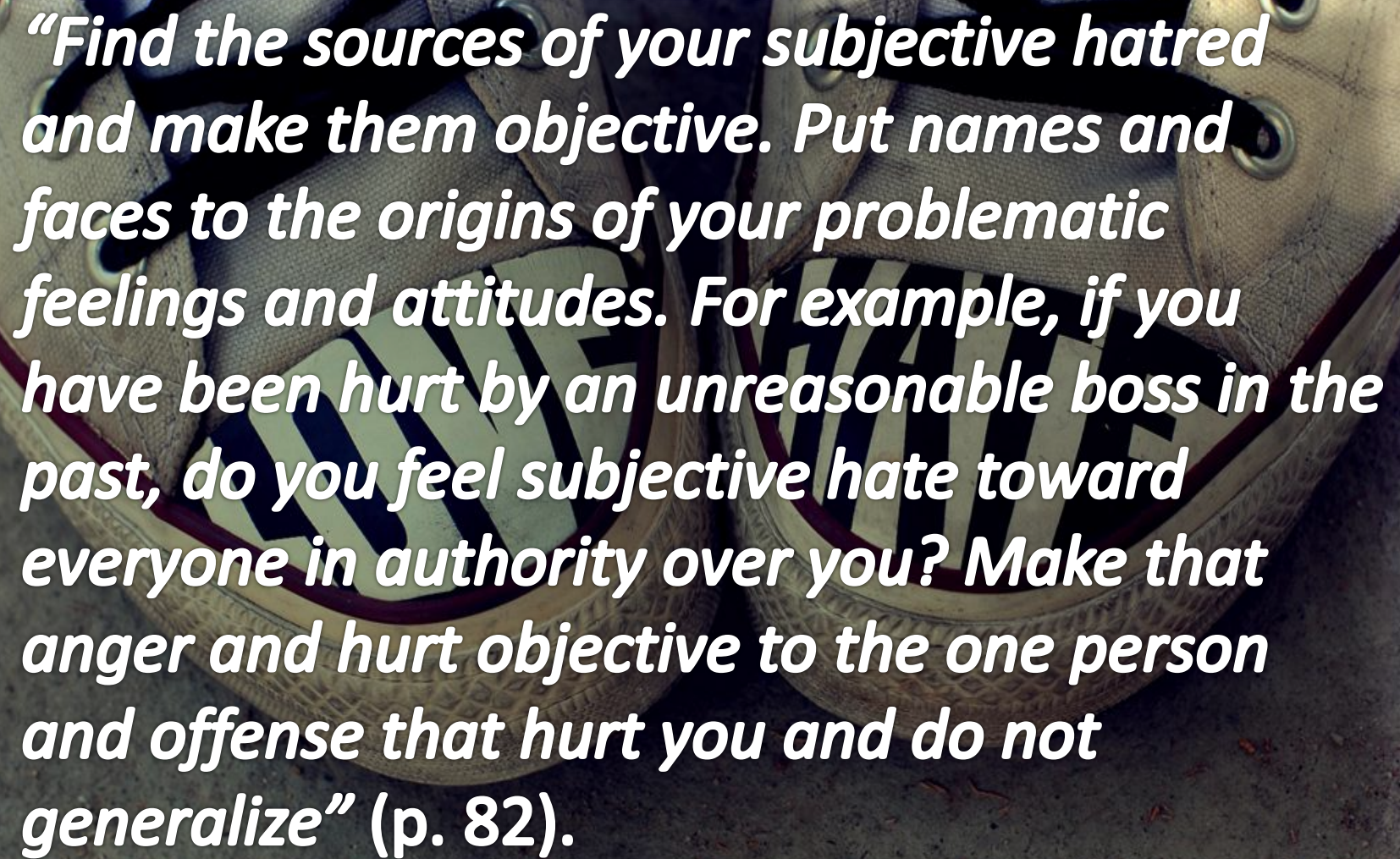
- If we love evil, we naturally hate good, and vice versa (Proverbs 8:36 and Micah 3:2).
- *"There are six things the Lord hates, seven which are an abomination to Him: Haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked plans, feet that run rapidly to evil, a false witness who utters lies, and one who spreads strife among brothers" (Proverbs 6:16-19).*

Examples of Divine Hate

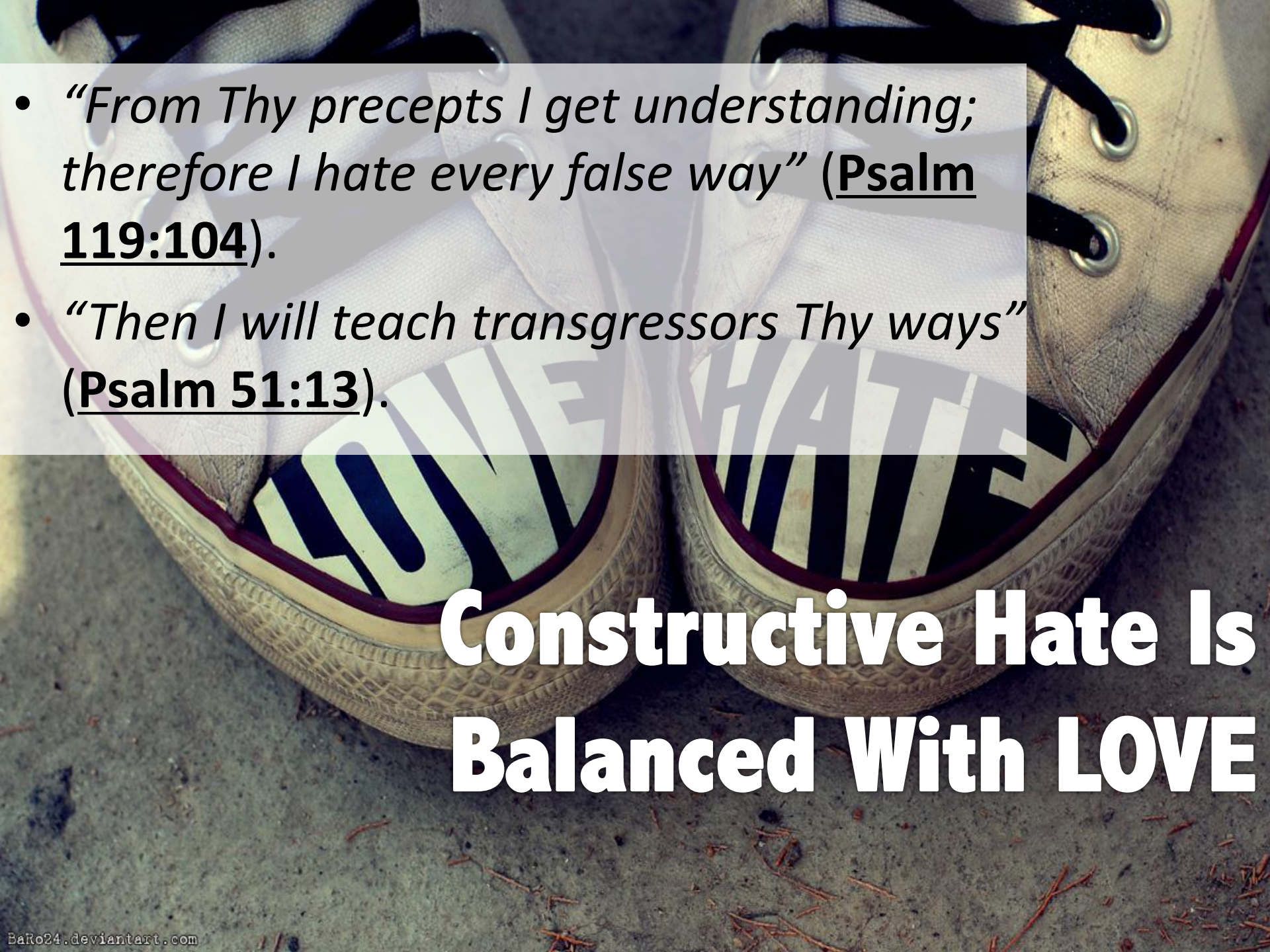
- *“For I hate divorce”* (**Malachi 2:16**) – If I hate divorce, then I love marital unity.
- *“I hate the deeds of the Nicolaitans”* (**Revelation 2:6**) – Hating the deeds, rather than hating those committing them.
- *“For no one ever hated his own flesh...”* (**Ephesians 5:29**) – Inherent sense of self-protection.
- *“I hate falsehood”* (**Psalms 119:163**) – The opposite would be loving honesty.

Hate and Health

- *“Abhor what is evil; cling to what is good”* (**Romans 12:9**).
- The inference is that the emotion “hate” must be honed to discern good and evil. It can be very dangerous and unhealthy to simply have indiscriminant hatred bottled up inside.
- Hatred becomes explosions of anger (**Ecclesiastes 7:9** and **Proverbs 22:24**).



“Find the sources of your subjective hatred and make them objective. Put names and faces to the origins of your problematic feelings and attitudes. For example, if you have been hurt by an unreasonable boss in the past, do you feel subjective hate toward everyone in authority over you? Make that anger and hurt objective to the one person and offense that hurt you and do not generalize” (p. 82).

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- *“From Thy precepts I get understanding; therefore I hate every false way” (Psalm 119:104).*
 - *“Then I will teach transgressors Thy ways” (Psalm 51:13).*

**Constructive Hate Is
Balanced With LOVE**

There Is Always A Response

- Some try to stifle their anger by never responding to negative situations. But this is unrealistic and impractical! Eventually, somebody has to pay for your anger.
- *“Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you” (Luke 6:28).*
- “Turning the other cheek” is not non-response, but a positive reaction to injustice. To respond to evil, find the peaceful, godly, responsible way to retort.



“But love your enemies, and do good, and lend, expecting nothing in return” (Luke 6:35).

Love, Not Fairness