

# ***LOVE NOT HATE***

Romans 12:17-21, John 6:56-69

**Romans 12:7-21** Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. Therefore "if your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." Do not be overcome by evil, but overcome evil with good.

**Romans 12:14** Bless those who persecute you; bless and do not curse.

## ***Why do we hate?***

We hate when our identity or personhood is devalued, denied, dishonoured or rejected, when we are violated

## ***Progression towards hate***

- Offended, hurt
- Angry
- Bitterness and vengeful
- Hate
- Evil

## ***"Evil goes against anything that is godly and violates what is good"***

**Ephesians 4:26-27** Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil.

## ***"Hate defiles a person and modifies our emotional responses, attitudes and behaviour"***

**1 John 2:9-11** He who says he is in the light, and hates his brother, is in darkness until now. He who loves his brother abides in the light, and there is no cause for stumbling in him. But he who hates his brother is in darkness and walks in darkness, and does not know where he is going, because the darkness has blinded his eyes.

## ***"Not only we need to get out from Darkness, we need to get Darkness out of us"***

## ***The antidote for hate is love***

**1 John 4:19** We love Him because He first loved us.

## ***Love cleanses us from the defilement of hate***

- Offended, hurt: forgiveness, healing
- Angry: peace
- Bitterness and vengeful: trusting the Just God will avenge
- Hate: love
- Evil: good

**Romans 5:5** Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

## ***QUESTIONS FOR APPLICATION***

1. Why is it important for us to love instead of hate, to overcome evil with good?
2. Share with one another a particular struggle you have between love and hate. Pray and ask the Lord to help you and invite the Holy Spirit to intervene.