

Overwhelmed

Embrace the Hate (Wk.2)

LifeNotes

TALK IT OVER

Main Idea

If we want to live differently we have to love differently.

Key Scriptures

"You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, 45 that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. 46 If you love those who love you, what reward will you get? Are not even the tax collectors doing that? 47 And if you greet only your own people, what are you doing more than others? Do not even pagans do that?" Matthew 5:43-47

On the contrary: If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head. Do not be overcome by evil, but overcome evil with good. Romans 12:20-21

Hate toward your enemy, when left unchecked, will drain your spirit, tarnish your soul and darken your days.

"I have decided to stick with love. Hate is too great a burden to bear." - Martin Luther King, Jr.

Start talking.

- Describe the last time you saw someone(s) let their anger/hate get the best of them publicly.
- How does culture encourage us to hate those who disagree and/or oppose us?
- Describe the last time your feelings of anger/hate overwhelmed and surprised you.

Start thinking.

- What are some practical ways hate negatively impacts your life?
- How have you seen hate negatively impact others?
- Read Matthew 5:43-47. How does praying for your enemies impact your feelings toward them?
- In what ways is love able to overcome hate?

Start sharing.

- Read Romans 12:20-21. Why does Paul make a point of describing several practical ways to respond to our enemies?
- How have you seen acts of kindness melt the hearts of others?
- When have you felt overcome by evil? How have you responded in the past?

Start doing.

"The reality is we won't just one day wake up like Jesus without intentionally trying to be like Jesus." — Hannah Boundy

- Write down a list of those you feel are your enemies. Pick a day of the week to choose to pray for God's will to be done in their lives and for Him to soften your attitude/perception of them.
- Describe one tangible act of love you will perform toward one of those people this week.

Closing prayer.

Here is an excerpt from a post by John Piper that I encourage all of us to pray over our enemies:

The Lord's Prayer — Even for Your Enemies

The place to start in praying for our enemies is the prayer that the Lord taught us to pray. Whatever else you pray for your enemies, pray for them like this:

Father, grant that my enemies — my colleague who snubs me, my wife who belittles me, my child who disrespects me, the ISIS member who wants to kill me — grant that they would come to hallow your name. Grant that they would treasure you above all, and reverence you, and admire you more than anything.

Father, grant that my enemies would come under the saving, purifying sway of your kingly rule and that you would exert your kingly power to make my enemies your own loyal subjects.

Grant, Father, that my enemies would love to do your will the way the angels do it in heaven with all their might, and without reservation, and with the purest motives, and with great joy.

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Grant, Father, that my enemies would have all the physical resources of food and clothing and shelter and education and healthcare and transportation that they need to fulfill your calling on their lives.

And forgive my enemies their sins, as you bring them to repentance, and make them forgiving people, and protect them from overpowering temptations and from the destructive power of the devil.

This is what we should be praying for ourselves. And therefore, it is what we should be praying for our enemies.

Here is the link to the entire article:

<https://www.desiringgod.org/articles/pray-for-those-who-abuse-you>