

Overcoming Hatred

No. 124

Introduction.

- I. One of the most deadly sins in the world is hate. Hate is a deadly sin in the world, the nation, the community, the home, and even the church. It leads to slander, envy, strife, murder, war, and other hideous sins. Ten million volumes could not record the horrible, dastardly deeds wrought by hate.
- II. Today I would like to speak on "Overcoming Hatred."
 - A. Hate is a diabolic heart malady forbidden by God in both the Old and New Covenants.
 - B. It is a diabolic heart malady that is present in many non-Christians and even more sadly in many who wear the name of Christ.
- III. I would like to suggest 8 ways to overcome hate.
 - I. **Characteristic Of The Degenerate State** - We can overcome hate by realizing it is a characteristic of the degenerate state.
 - A. Hate is a part of the old life of sin. It is a part of walking in the darkness. It is not a part of the new life. It is not a part of the lives of those walking in the light.
 - B. Jesus, describing how God's children should act, said. (Lk. 6:27).
 - C. In Titus 3:3 Paul listed "hate" as a sin belonging to the ungodly.
 - D. The apostle John wrote.
 - 1JO 2:9 The one who says he is in the light and yet hates his brother is in the darkness until now.**
 - 1JO 2:10 The one who loves his brother abides in the light and there is no cause for stumbling in him.**
 - 1JO 2:11 But the one who hates his brother is in the darkness and walks in the darkness, and does not know where he is going because the darkness has blinded his eyes.**
 - 1JO 3:11 For this is the message which you have heard from the beginning, that we should love one another; 12 not as Cain, who was of the evil one, and slew his brother. And for what reason did he slay him? Because his deeds were evil, and his brother's were righteous. 13 ¶ Do not marvel, brethren, if the world hates you. 14 We know that we have passed out of death into life, because we love the brethren. He who does not love abides in death. 15 Everyone who hates his brother is a murderer; and you know that no murderer has eternal life abiding in him.**
 - 1JO 4:8 The one who does not love does not know God, for God is love.**

1JO 4:20 If someone says, "I love God," and hates his brother, he is a liar; for the one who does not love his brother whom he has seen, cannot love God whom he has not seen.

II. Rob Us Of Happiness - We can overcome hate by realizing it will rob us of happiness.

A. **As long as we hate we will be miserable.** Hate and misery dwell in the same heart.

B. If I were going to knock on the door of the most miserable man in town, I would know exactly where to go. It would go to the door of the bitter, resentful, unforgiving man.

C. In **"Making The Most Of Life From A to Z"** Leroy Brownlow tells about the city where he was raised. He said it was customary for volunteer workers to dig the graves for the deceased. He said he recalled once as a grave was completed that a man looked into it and said, "I wish they would bury me today."

B. Actually he died on the inside years before.

1. Hate had killed him. I had begun to hate someone. This bitterness had made his life miserable and wretched and empty.

2. It had taken away all his happiness and much happiness from his family.

III. Hate Will Make Us a Slave - We can overcome hate by realizing it will make us a slave.

A. Someone said, "Hate somebody, and you become his slave! He controls your thoughts, invades your dreams, absorbs your creativity, and determines your appetite! He affects your digestion, robs you of your peace of mind and good will, takes away the pleasure of your work. He ruins your religion and he hounds you wherever you go. You cannot get away from the man you hate! He is with you when you are awake, and he invades your privacy when you eat. He is close beside you while you drive your car. He affects your attitude on the job, and distracts your mind so you can have neither efficiency nor happiness. He influences even the tone of your voice when you speak to your boss, your wife or your child. He requires you to take medicine for indigestion, headaches, and loss of energy. He steals your moments of consciousness before you go to sleep. If you want to be a slave to somebody find some person to hate!"

B. None of us want to be a slave. This should keep us from hating.

C. Hatred ends freedom and begin a life of utter slavery and bitterness.

IV. Harm Us Physically - We can overcome hate by realizing it will hurt us physically.

A. Men sometimes think that it pay to hate.

1. They speak of “sweet revenge.”
2. **Later they learn that they must pay for hate.** Hate can cause high blood pressure, migraine headaches, peptic ulcers, various skin rashes and a host of other medical problems.

B. In his book “**None of These Diseases**” Dr. S.I. McMillen speaks of hate as a disease producing emotion. He states what a person eats is important. He contends that what a person eats is not as important as the bitter spirit and hate that eats at him. All the stomach remedies in the world will never reach these hate acids that destroy body, mind and soul.

V. Through Prayer - We can overcome hate through prayer.

- A. He taught us to pray for the person who is the object of hate. (Matt. 5:43-48).
- B. I assume that most of us have a prayer list either in our minds or on paper. It is better to have it on paper since we sometimes forget. We have all kinds of people on this list.
 1. I would like to suggest that you add those you dislike or hate.
 2. It will be hard to admit. It will be difficult to actually write the names.
 3. It is difficult to continue to hate one whose name we constantly call before the throne of grace.
 4. Prayer will help us and the person we pray for.
- C. Vardaman Forrister in his tract, “Overcoming Hate With Love” suggested this prayer for those who want to overcome hatred.

“Our heavenly Father, I come to Thee confessing there is resentment and hatred in my heart toward my neighbor,_____. I sorrow, Father that I have not been able to live above or overcome this feeling and that I am not as repentant as I should be. I beseech Thee to help me to try to understand this person and his motives and weaknesses and to do to him as I would want him to do to me. Please forgive me and help me to replace hate with love and forgiveness. I especially beseech Thee to bless_____ and to help him to feel Thy love and to grow in Thy Power. Help him to be forgiving in his spirit toward me and please help me to have a Christlike attitude toward him. I thank Thee for the hope that in all this You can help me to grow and to find blessings. In Jesus’ name. Amen.”

VI. Find Something Good To Do For The Person - We can overcome hate by finding something good to do for the person hated.

- A. Some kind deed will make a dent in our critical attitude and will start destroying hate.
- B. The scriptures teach us to do good to our enemies. (Rom. 12:18-21).

1. Brethren, Paul teaches us to do good to our enemies.
2. **This is a hard commandment.** Our baser selves would rather give him a swift kick! Our baser selves want to retaliate. But this is not how God wants us to response. He wants us to return good for evil. This pleases God and will heap coals of fire on the one who has wrong us.

VII. Through Love - We can overcome hate through love.

- A. Love is the cure for hate. (Matt. 22:39; Lk. 6:27; Col. 3:12; 1 Jn. 3:14).
- B. To overcome hate we must instill, implant and nurture love in our hearts.
- C. The Bible says. (Prov. 10:12).
 1. Love covers all sins including hatred
 2. It is patient and kind and it is ready to forgive and understand others.

VIII. Keep Us Out Of Heaven - We can overcome hate by realizing it will keep us out of heaven.

- A. Heaven is not for haters. It for those who walk in love - not hate.
- B. Hatred is one of the “works of the flesh.”
 1. It is associated with adultery, fornication, murder, drunkenness and other vices.
 2. Paul states that those who practice such things shall not inherit the kingdom of God. (Gal. 5:19-21).
- C. John wrote. (1 Jn. 3:15).

Conclusion.

- I. These eight reasons should show us the folly and wickedness of hatred and help us overcome it.
 - A. Let us put away malice and hatred from our hearts.. Let us pursue the way of love.
 - B. Love is of God and those who love show they are children of God and will find happiness here and in eternity.
 - B. With **Booker T.Washington** let us say, “I will not let any man reduce my soul to the level of hatred.”
 - C. Certainly no one who follows in the footsteps of Jesus will follow the sinful path of hatred and bitterness and malice.
- II. The Lord’s invitation is extended to those who would like to commit their lives to Him and be buried with Him in baptism. The Lord’s invitation is also extended to those who would like to have the prayers of the church. Come as we stand and sing.

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