

## **HOW TO OVERCOME HATE**

### **Matthew 5:43-48**

#### **Introduction:**

- 1. Daniel Sommer was an old-time preacher who edited a religious journal in the early 1900's.**
  - a. He was blunt and outspoken in his preaching and writing.**
  - b. As a result, he made many enemies.**
  - c. He refused to call anyone his enemy, saying, "I have friendly friends and I have unfriendly friends."**
  
- 2. Abraham Lincoln had many political enemies.**
  - a. The presidential election of 1860 was long and bitter.**
  - b. When Lincoln was elected, he was told: "Now you have the power to destroy your enemies."**
  - c. Lincoln replied: "I intend to destroy my enemies - by making them my friends."**
  
- 3. The Jews interpreted God's instructions not to align themselves with pagan nations to be an admonition to hate them.**
  - a. Jesus corrected their misconception: "Love your enemies; bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you."**
  - b. He also commanded: "Be like God who sends the rain on those who hate Him as well as those who love Him."**
  
- 4. Hate is the seed from which many other sins grow: prejudice, cruelty, jealousy, slander, murder, war, etc.**
  
- 5. How can we overcome hatred of others as we go through life?**

#### **Discussion:**

- I. WHAT IS HATE?**
  - A. Hate is the very opposite of love.**

**“Love suffers long and is kind. Love does not envy. Love does not parade itself, is not puffed up; does not behave itself rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things endures all things” (1 Cor. 13:4-7).**

**B. Hate is a work of the flesh (Galatians 5:19-21).**

- 1. It is listed with the most deplorable sins of mankind.**
- 2. Those who practice these things “will not inherit the kingdom of God.”**

**C. Hate is a sign of spiritual immaturity.**

- 1. Jesus condemns hatred in Matthew 5:43-48.**
- 2. He then tells us that we must be “perfect,” as our Father in Heaven is perfect” (v. 48).**
- 3. One who hates is ungodly (1 John 4:8).**

**D. There are some things we must hate:**

- 1. We must hate what God hates (Psalm 97:10).**
- 2. We must hate sin, but love the sinner.**
  - a. God hates sin, but He loves sinners to the extent He provided His Son to die for us (John 3:16).**
  - b. C. S. Lewis said he learned how God can hate sin, and yet love the sinner, by looking at himself - he sinned, yet he never stopped loving himself.**

**II. WHAT DOES HATE DO?**

**A. Hate led Joseph’s brother to sell him into slavery (Genesis 37).**

- 1. His brothers hated him “when they saw their father loved him more than all his brothers....”**
- 2. They hated him even more when he told of his dream of their sheaves bowing down to his.**

3. They intended to kill him, but instead sold him as a slave.

**B. Hate led Cain to kill Abel (1 John 3:10-12).**

1. God accepted Abel's offering for it was by faith, but rejected Cain's for it was not (Gen. 4:1-8; Heb. 11:4).
2. John says: "Why did he murder him? Because his works were evil and his brother's righteous."

**"Whoever hates his brother is a murderer, and you know no murderer has eternal life abiding in him" (1 John 3:15).**

**C. Hate leads to lies and slander.**

**"He who hates, disguises it with his lips, and lays up deceit within himself" (Proverbs 26:24).**

1. Lying, gossiping and slander often come from a heart filled with hate.
2. Joseph's brothers "hated him and could not speak peaceably to him" (Genesis 37:4).

**D. Hate makes one a slave to the one he hates.**

1. One's thoughts, day and night, are given to dwelling on the one he hates and his grievances against him.
2. Sooner or later he will seek revenge against the one hated and will then have to pay the penalty for it.
  - a. Haman's hatred of Mordecai caused him to build a gallows to hang Mordecai on (Esther 5:9-14).
  - b. Haman was himself hanged on his own gallows (Esther 7:8-10).

**E. Hatred harbored in the heart leads to physical illness.**

**"What a person eats is not as important as the bitter spirit, the hates, and the feelings of guilt that eat at him" (Dr. S.I. McMillen; None of These Diseases, p. 69).**

### **III. HOW CAN WE OVERCOME HATE?**

#### **A. Love is the cure for hatred as it is for many spiritual diseases.**

**“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another” (Jn. 13:34).**

**“Love does no harm to a neighbor; therefore love is the fulfillment of the law” (Romans 13:10).**

**“And above all things have fervent love for one another, for love will cover a multitude of sins” (1 Peter 4:8).**

#### **B. A Christian psychologist gave three steps to overcome hatred (Vardeman Forrister: Overcoming Hate With Love).**

- 1. Pray for the person you hate (Matthew 5:44).**
- 2. Find something good to do for the person you hate; return good for evil (Romans 12:17-21).**
  - a. Compliment him on something good about him.**
  - b. Send a card when he is ill.**
  - c. Invite him to your home for a meal.**
  - d. Befriend him when he is in need, ill or or lonely.**
- 3. Sincerely try to understand the person you hate.**
  - a. What is it that makes him as he is?**
  - b. Are there problems and suffering in his life which have made him bitter?**

#### **C. Simply refuse to allow yourself to hate others.**

**“I will not let any man reduce my soul to the level of hatred” (Booker T. Washington).**

#### **Conclusion:**

- 1. God loved us when we were unlovable (1 John 4:10).**
- 2. If God loved us so much, we ought to love one another (1 John 4:11).**

