



No Growth - Hate

Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him.

1 John 3:15

Heart-----Jeremiah 17:9

Activity----- Ecclesiastes 3:1

Talk-----Proverbs 24:2

Eyes-----Proverbs 21:10

A person hates something they often do one of two things: either physically get rid of the item or destroy it. However, in terms of someone, the process is similar with a degree of difficulty. There are laws involved that the hate toward another could be fatal. The difference is items have no sense or feelings. However, people do and eventually able to know something is not right but wrong.

Hate begins on the inside: the heart. This part of our body harbors feelings. These feelings surface due to the thoughts that linger in our minds. If we fail to manage our negative thoughts about someone, especially throughout the day, the extreme dislike toward another may increase.

Unfortunately, hate spurs action. The 'mind over matter' phrase, in this case, is a 'matter over mind.' A person unable to control those thoughts tends to create a physical reaction.

The kind of feelings we harbor inside of us tends to need an outlet. Whether we talk or shout it out to get it off our chest or converse with somebody, we still hear it with our ears and return to our thoughts. To allow hate to rob us in our social life creates a perception within the public eye.

To look at someone or view someone with what they have is fine. However, to stare, especially at another person, could birth an unhealthy feeling that translates to hate.

How to remove the hate? Ask God to help remove the heat within us.

Prayer: Dear God, help me not to hate anyone, including myself. Thank you God.