

A Little About Hatred

Today's podcast is a little about hatred.

Many people believe that hate is a terrible thing & to be avoided at all costs. Of course it's true that hatred can lead to some pretty terrible things such as causing others physical & emotional pain, prejudices or criminal behavior, even murder.

However, hate also can have some good purposes when it is used correctly.

Hate can be a great motivator for change. Consider a person who has been seriously injured & has a long road ahead of them if they want to recover fully. They have two choices - do nothing to help themselves heal & live with a permanent problem or work hard to recover. A person who hates living with the problem will do whatever they have to in order to recover.

On a larger scale, if enough people hate a certain act, they can make changes in their community or even country. So many parents of murdered children have worked hard to create new laws designed to help the police find people who commit these heinous acts, to punish them & to protect children. Others have created organizations to help find missing children or organizations that support the parents & families of murdered children. John Walsh is a great example of this. After his son Adam was kidnapped & murdered in 1981, he went on to do great things for missing children. He helped to change laws to protect children & also created the famous television show "America's Most Wanted" as a way to help put criminals in jail. His hatred for what was done to his little boy motivated them to do great things.

Yet in spite of this, it seems so many people see only the bad side of hatred. Many even claim that there is no place for it in a Christian's life, & shame them for feeling it. They are wrong. No, you shouldn't hate other people but you can hate evil things, such as being abused. Romans 12:9 in the Amplified Bible says, "***Love is to be sincere and active [the real thing—without guile and hypocrisy]. Hate what is evil [detest all ungodliness, do not tolerate wickedness]; hold on tightly to what is good.***" This verse tells me that hatred can have a place, & that place is hating what is evil.

Think about this in terms of abuse... if you were abused, you hate that, right? I'm not saying you hate the person who abused you, but you do hate what they did to you. That hatred helps you to have healthy boundaries with your abuser such as keeping that person at arm's length or having no relationship with them at all, & protecting your children or other loved ones from the abuser. You also have learned the red flags of abusive personalities & avoid people who show them. Maybe you even work on educating others the things you have learned. These are all very good things, & that can't be denied!

Then consider those who don't hate abuse, such as narcissists & their devoted flying monkeys. Narcissists cause so much pain & suffering, yet their flying monkeys don't hate that at all. In fact, they have no problems with it. They even encourage victims to tolerate the abuse without complaint. The only things flying monkeys seem to hate are victims setting boundaries with the narcissist & refusing to tolerate the abuse. That is disturbing & sickening, not to mention, the complete opposite of what they should feel in the situation.

While hate is a strong emotion that certainly can have very negative consequences, it also can have good consequences when used correctly. It's a good idea to explore your feelings when you feel hate inside. If you feel hatred for a situation or how someone has treated you, use that feeling to motivate you to make healthy changes in your life.

Thank you for listening to my podcast!