

The Benefit of Loving Your Enemies

Written by admin

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Fear,

Ignorance

Hate,

Grudges.

“But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;” Matthew 5:44 (K.J.V)

As Christians we are required to perform the difficult duty of loving those whose conduct we do

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not approve of: those who make our lives difficult. Loving our enemies can turn them into friends by “placing hot coals on their heads”. However, even when we are not able to turn them round, it benefits us greatly not to hate others because it harms us by filling our spirits with resentment, vindictiveness, stress and misery. A heart full of love ensures healthy systems with an even pulse, good digestion, and ability to sleep soundly. Love also imparts clear judgment, compassion, enthusiasm, development of skills, and growth in faith.

Many great leaders develop immense tolerance for personal animosity. Abraham Lincoln said that he kept two of his worst enemies in his cabinet because they offered frank criticism. It is a well known fact that the flattery of friends can make one complacent and stagnant without any zeal for improvement.

If we love fully in our hearts, it shows on our faces, and is evident on our every footstep. It makes life worth living.

"Three friends have I: he who loves me, he who hates me, and him who is indifferent to me. He who loves me teaches me tenderness. He who hates me teaches me caution. And he who is indifferent to me teaches me self reliance".
