

# GOOD BAD HABITS

*Rising Above the Forces of Our Nature*

## “HARBORING HATE”

Dr. David H. McKinley

### HATE IS EASY TO ACCUSE IN OTHERS AND EXCUSE IN ME

Hate is an inside job. It begins in the heart.

“The heart is deceitful above all things and desperately wicked; who can know it?” Jeremiah 17:9

Pay attention to the habits of the heart!

“Keep vigilant watch over your heart; that’s where life starts.”  
Proverbs 4:23

### HATE WILL CORRODE ITS CONTAINER AND BE CONSUMED BY ITS OBJECT

“Hate is a strong emotion of displeasure, a consuming energy that seeks to find expression and resolution in the pain, payment or punishment of its object.”

• **Hate Devours.** “Bitterness is an acid that destroys the container that holds it.”

• **Hate Divides.**

• **Hate Destroys.** “The thief does not come except to steal, to kill and destroy, but I am come that you might have life and have it more abundantly.” John 10:10

### HATE IS PROGRESSIVE IN DEVELOPMENT AND ACTIVE IN RESPONSE

“Hate Fuels”:

- **Fear** “Short is the road that leads from fear to hate.”  
—Italian Proverb
- **Prejudice**
- **Pride**
- **Selfishness**
- **Pain**
- **Injustice**

### HATE IS GOOD IN THE FACE OF EVIL AND BAD IN THE FACES OF PEOPLE

“A time to love, and a time to hate; a time of war and a time of peace.” Ecclesiastes 3:8 (NKJV)

“Don’t just pretend that you love others. Really love them. Hate what is wrong. Stand on the side of the good.”  
Romans 12:9 (NLT)

God has a hate list:

“These six things the Lord hates, yea, seven are an abomination to Him: A proud look, a lying tongue, hands that shed innocent blood, a heart that devises wicked plans, feet that are swift in running to evil, a false witness who speaks lies, and one who sows discord among brethren.”  
Proverbs 6:16-19

### HATE NEEDS THE RELEASE OF FORGIVENESS AND THE REMEDY OF GOODNESS

#### • Hate needs the release of forgiveness

“Repressed (unresolved) anger hurts and keeps on hurting. If you always deal with it simply by holding it firmly in check or sweeping it under the rug, without any form of release or healing, it can produce rigidity and coldness in personality.”  
—Dr. David Augsburger

“You’re familiar with the old written law, ‘Love your friend,’ and its unwritten companion, ‘Hate your enemy.’ I’m challenging that. I’m telling you to love your enemies. Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the energies of prayer, for then you are working out your true selves, your God-created selves. That is what God does. He give His best—the sun to warm and the rain to nourish—to everyone regardless; the good and bad, the nice and nasty. If all you do is love the lovable, do you expect a bonus? Anyone can do that. If you simply say hello to those who greet you, do you expect a medal? Any run-of-the-mill sinner does that.”  
Matthew 5:43-46

#### • Hate needs the remedy of goodness

“Therefore whatever you want men to do for you, do also to them, for this is the Law and the Prophets.” Matthew 7:12

“If we allow ourselves to hate, that is to insure our spiritual defeat and our likeness to what we hate.”  
—George William Russell

“I shall never permit myself to stoop so low as to hate any man.” —Booker T. Washington

## DO WE WANT TO GO BACK TO NORMAL?

By Max Lucado

"Do we want to go back to normal?" Four thousand gathered for mid-day prayer in a downtown cathedral. A New York City church filled and emptied six times last Tuesday. The owner of a Manhattan tennis shoe store threw open his doors and gave running shoes to those fleeing the towers. People stood in lines to give blood, in hospitals to treat the sick, in sanctuaries to pray for the wounded.

America was different this week. We wept for people we did not know. We sent money to families we've never seen. Talk-show hosts read Scriptures, journalists printed prayers. Our focus shifted from fashion hemlines and box scores to orphans and widows and the future of the world.

We were different this week. Republicans stood next to Democrats. Catholics prayed with Jews. Skin color was covered by the ash of burning towers. This is a different country than it was a week ago.

We're not as self-centered as we were. We're not as self-reliant as we were. Hands are out. Knees are bent. This is not normal. And I have to ask the question, "Do we want to go back to normal?"

Are we being given a glimpse of a new way of life? Are we, as a nation, being reminded that the enemy is not each other and the power is not in ourselves and the future is not in our bank accounts?

Could this unselfish prayerfulness be the way God intended for us to live all along? Maybe this, in his eyes, is the way we are called to live. And perhaps the best response to this tragedy is to refuse to go back to normal.

Perhaps the best response is to follow the example of Tom Burnet. He was a passenger of flight 93. Minutes before the plane crashed in the fields of Pennsylvania he reached his wife by cell phone. "We're all going to die," he told her, "but there are three of us who are going to do something about it."

We can do something about it as well. We can resolve to care more. We can resolve to pray more. And we can resolve that, God being our helper, we'll never go back to normal again.