

A WEARY WORLD: Week Three

EMBRACING PARADOX

Friday: Love and Hate

Ever felt hate towards something or someone and been embarrassed you are feeling that way? We are raised to understand that hate is a strong word and we shouldn't feel that way. Hate is a true emotion and resides in even the most loving people. For example, in our country nothing brings more ugly hate to the surface than a presidential election. People let emotions get the best of them and are quick to respond with intentions to tear down a person rather than trying to understand. Whether we want to admit it or not, hate can surface in all of us. Thankfully we also possess the anecdote, love. Hate cannot survive when smothered with love. Surround yourself in God's love and let our savior guide you to peace when your feelings are trying to direct you down a different path. I found that when loving myself was absent, it was easy for hate to grow. When you have trouble to seeing your purpose in the world, it is hard to see the good in others. A way to work through those times is to surround yourself with support and accept the love of others. Lean on others with vulnerability and allow yourself to believe that you are not alone. God's love and the love of those around us can help conquer the hate in your heart. Love wins.

Soul  Provider

GIYC



Today's Reflection Question:

Be honest with what you feel like you hate right now. What helps bring love to your life?