

# STOP *Hating*

Several years ago I saw a news video that showed a young white man pull a gun on an elderly African American woman and demand she hand over her purse. There were numerous people around during this confrontation (including the person recording this with their phone), but none stepped in to stop it.

Instead, it was diffused by the woman herself. She didn't get mad at this young man, or go into hysterics. She simply looked at him and said something like, "Honey, I know you must be hurting. You must be hurting to threaten me with a gun, but I don't hate you. I'm going to pray for you. Now let's put that gun away and talk about what's hurting you." To everyone's disbelief, the young man put his gun away, apologized to the woman and cried that he WAS hurting. Her response was to give him a hug.

I was reminded of that story recently, when I heard a sermon on Jonah. We all know the story of Jonah. He was a man asked by God to go to this city and preach about their potential destruction if they didn't stop their evil ways. He didn't want to go, so he jumped into the sea and was swallowed by a whale. He decided then, that he did want to live and would go to the city, where he preached and all the people repented . . . the end . . . and they all lived happily ever after. Right?

Wrong! The story continues and it's not a story about someone not wanting to follow God's command. It's a story about someone so filled with hate that he actually WANTED the people of Nineveh to be destroyed — despite the fact that they repented. God's grace was wonderful when it was applied to Jonah in the whale, but when given to the people of Nineveh, God's grace was abhorrent. "And it is grievous unto Jonah — a great evil — and he is displeased at it;" (Jonah 4:1).

Anne Lamott says, "You can safely assume you've created God in your own image when it turns out that God hates all the same people you do." With all of the civil unrest, racially biased tweets, mass shootings, and finger-pointing going on today, it's understandable that you might respond to it with hate. I would love to be that woman in the video, refusing to respond with hate when a hateful action is taking place. Unfortunately, I think I would be more like Jonah (after I peed my pants), and wish that God would rain down fire and brimstone to light that young man up.

We may feel hate because we seek a specific and identifiable outlet for our generalized feelings of anger; want to use it as a simplified method for the difficult task of managing differences; or because hatred is energizing. When we feel helpless, frustrated, or disempowered, hating another becomes a way to climb out of those difficult feelings. It also allows us to define clearly who is in our group and who is not.

So what should we do with these feelings? First, determine where YOU fit into the problem. Second, how are you managing differences? Choosing to hate, rather than accept the instability of a potentially unknowable difference? Finally, what ways are you communicating your emotions to others? How are you caring for your anger and healing your hurts? When do you need to focus on yourself before engaging with others?

Hate should never be held: release hate, or it destroys the heart where it resides. Hate is anger's second-to-the-last-step in the march of personal destruction. "My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you." (James 1:19-21 NIV).

By Jann Stowe, with references from Kochmer, Casey. *Resolving Feeling of Hate* [www.personal tao.com](http://www.personal tao.com)  
and Jones Patulli, Jennifer. *Why We Hate Others* October 2017 [www.hsdinstitute.org](http://www.hsdinstitute.org)

## URGENT prayer

- Stephanie Goodwin-Larry's family, death of loved one
- Donald Cobbs, surgery recovery
- Kent Ewell, in hospital

## ANNOUNCEMENT

**Tuition assistance** applications need to be completed and turned in to Sister Larry by August 24th. Information is on the table in the church foyer. Call Sister Larry at 971.219.2366 if you have questions.



**LET'S CHAT!**  
with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

August 10, 2019



Last week we had a notable therapist Jazz Theodore here at Sharon. One of the main points of her presentation, was our need to care for ourselves mentally before we can have a wholesome relationship.

Its easy to talk about self-care, but how should it look for the busy family or the working professional?

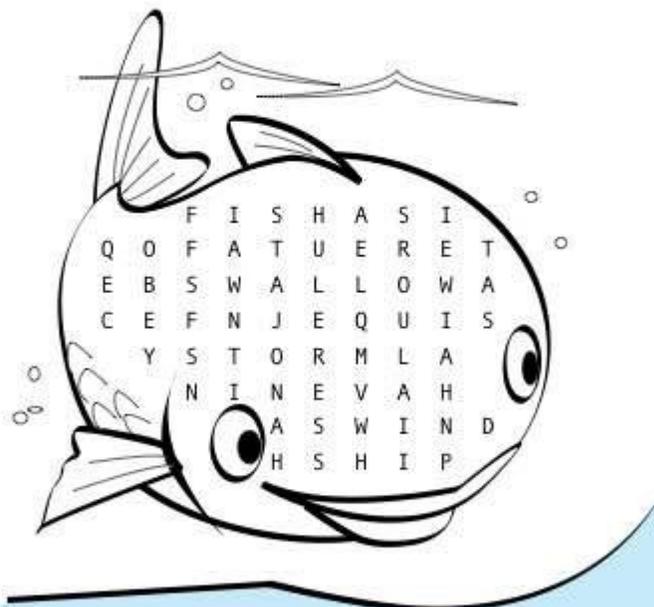
Last week I shared the first point: Treat yourself. It should be fine to do something fun for yourself without remorse or guilt.

Today we add a second point: take a break or vacation. I recently spoke to a friend who has been working for over 10 years in his career. He currently pays school loans, rent and numerous other bills. He admitted to always feeling tired, anxious and have little time for relationships. What was shocking is that he had acquired months of unused vacation and sick days.

The truth is, there are signs that identify when we need a break or vacation. Here are some immediate warning signals: 1). vacation days at work is piling up; 2). mood changes, irritability and negative responses to family and friends; 3). physical pain; and 4). Sleepless nights.

Taking time out can bring your body back to balance, and ease the stress of daily activities. Work should not be your life. Spend these precious and short moments alive doing things you enjoy.

**KIDS CORNER**



FISH  
JONAH  
NINEVAH

OBEY  
SEA  
SHIP

STORM  
SWALLOW  
WIND

How many words can you make out of:

**JESUS SAID FOR US TO LOVE ONE ANOTHER**

Two columns of horizontal lines for writing answers.