

A red heart is positioned on a light-colored wooden surface, which is slightly out of focus. The heart is a vibrant red color and is placed behind the main text of the image.

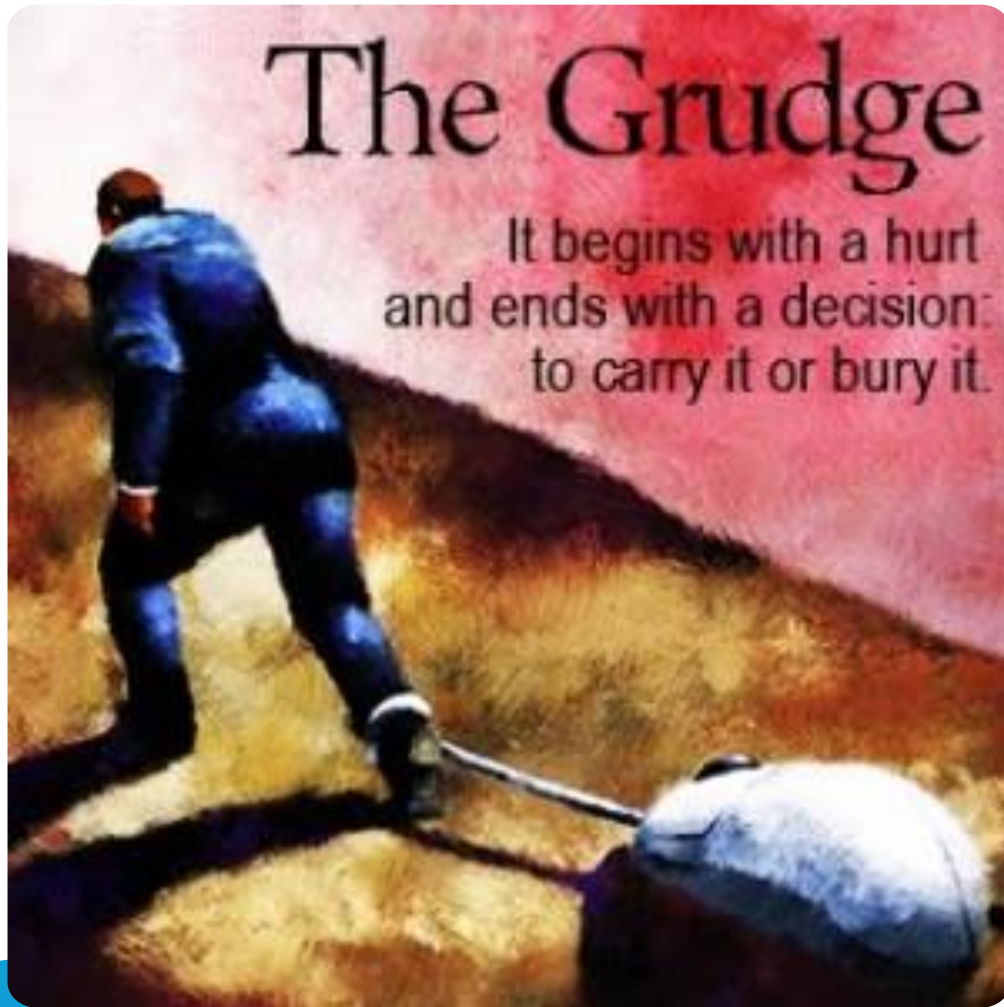
Love your
Enemies?

**“LOVE YOUR
ENEMIES, DO
GOOD TO THOSE
WHO HATE YOU”**

Luke 6:27

LOVING MY ENEMIES –
DOING MYSELF A
FAVOR!





I. THE BURDEN OF HOLDING GRUDGES ⁽¹⁾

1. Hurting my own soul:

- “Resentment is like drinking poison and waiting for the other person to die.”

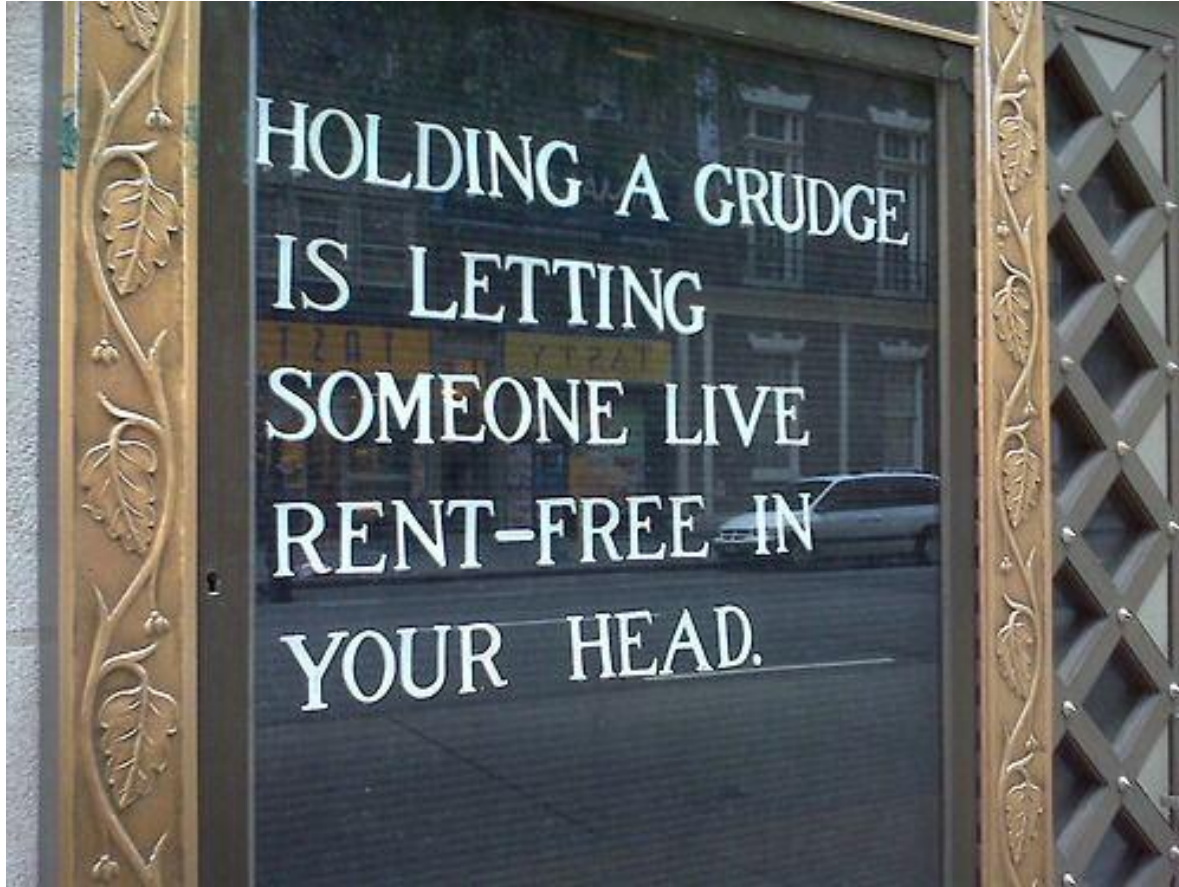
St. Augustine

- “He who nurtures a grudge against another is like a person who carries a burning coal in his hands intending to throw it at someone; he is the one who gets burned.” *St. Gregory the Great*

I. THE BURDEN OF HOLDING GRUDGES ⁽²⁾



1. Hurting my own soul: (Cont.)
 - The obsession with the hated person (King Saul; Daniel's enemies)
 - The defilement of the mind and the heart with the fantasies of revenge and wishing ill to others
 - “Do not allow the sun to set on your anger. Allow no resentment to linger in your heart, for it will grow and consume your soul.” *St. Basil the Great*



I. THE BURDEN OF HOLDING GRUDGES (3)

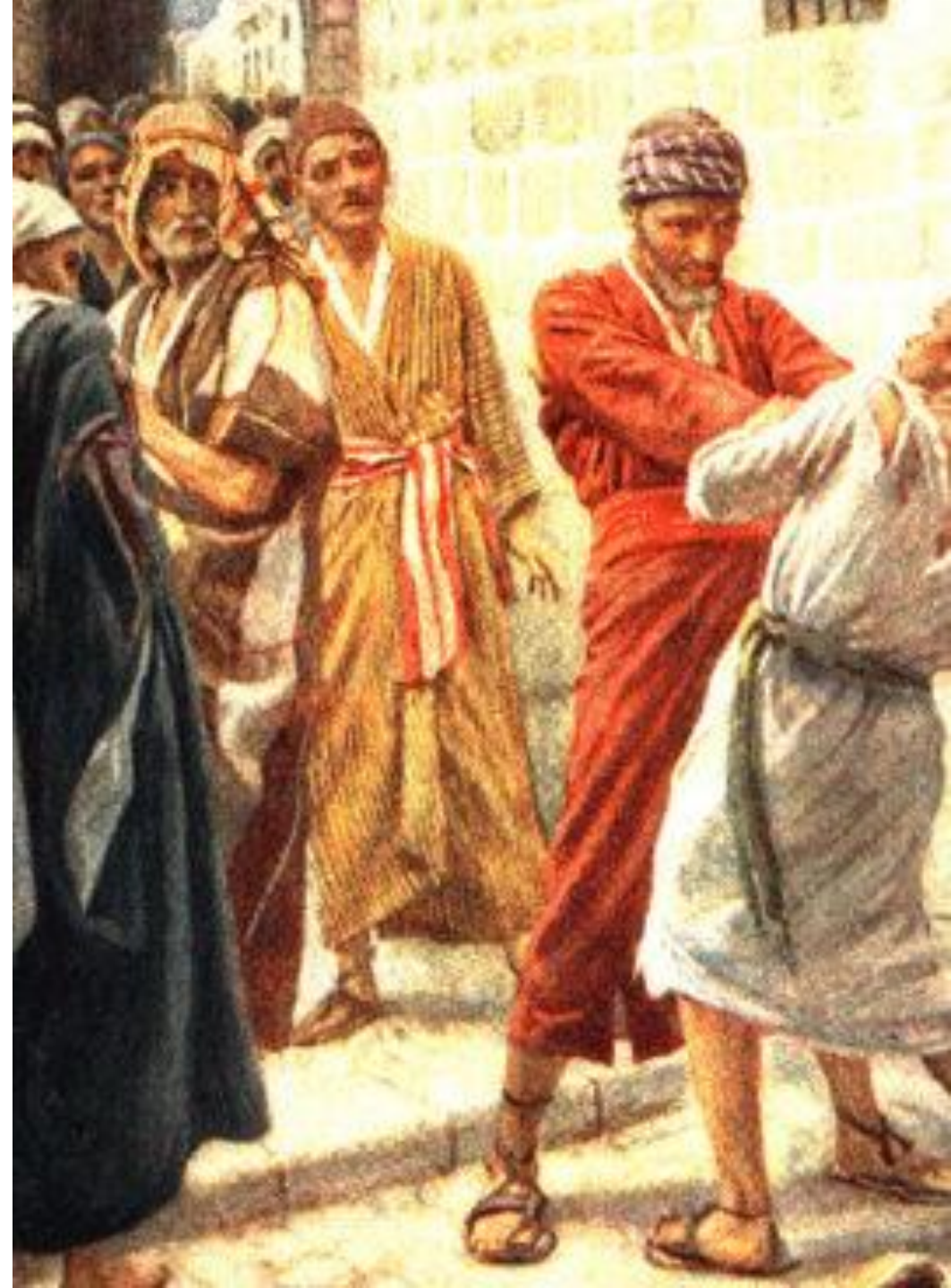
1. Hurting my own soul: (Cont.)
 - Wasting of time, energy, and valuable friends while carrying this load
 - “Forgive those who offend you, not as a favor to them, but as a favor to yourself. The burden of a grudge will weigh you down more than the original offense.”

St. Cyril of Alexandria

I. THE BURDEN OF HOLDING GRUDGES ⁽⁴⁾

2. God's displeasure:

- “Whoever wishes for vengeance will find vengeance from the Lord, and he will surely be attentive to his sins” *Sirach 28:1*
- “But if you do not forgive men their trespasses, neither will your Father forgive your trespasses”
Matthew 6:15
- “A man holds on to anger against another man, and does he then seek remedy from God?” *Sirach 28:3*



I. THE BURDEN OF HOLDING GRUDGES ⁽⁵⁾

3. Giving Satan a place in my mind, heart, and home:
- “do not let the sun go down on your wrath, nor give place to the devil”

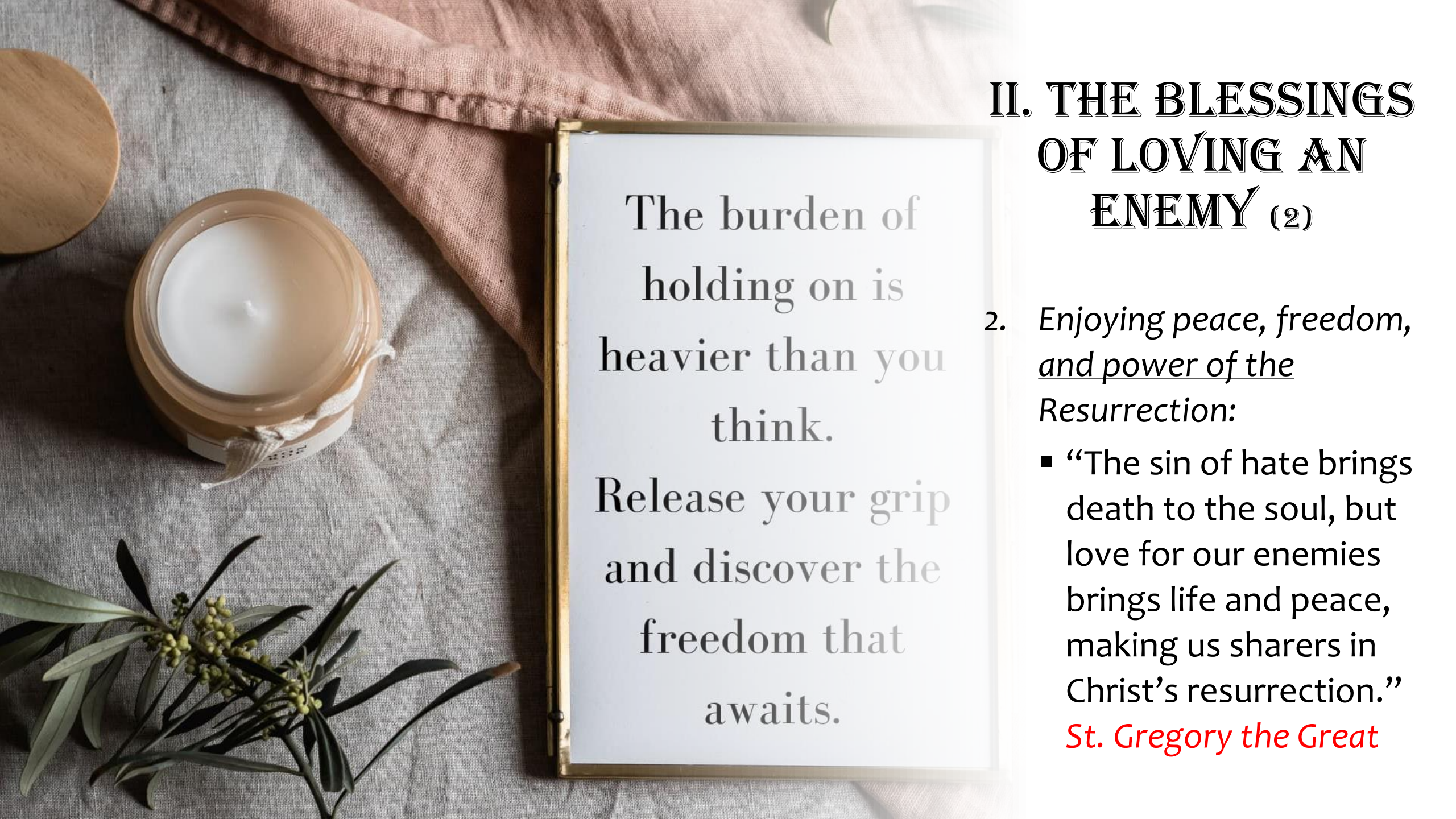
Ephesians 4:26-27



II. THE BLESSINGS OF LOVING AN ENEMY ⁽¹⁾

1. Healing of the soul:
 - “If you love your enemies, you will stop hating even your friends. The love that you show towards your enemies will heal your soul and make you a true disciple of Christ.” *St. Maximus the Confessor*





II. THE BLESSINGS OF LOVING AN ENEMY ⁽²⁾

The burden of
holding on is
heavier than you
think.

Release your grip
and discover the
freedom that
awaits.

2. Enjoying peace, freedom,
and power of the
Resurrection:

- “The sin of hate brings death to the soul, but love for our enemies brings life and peace, making us sharers in Christ’s resurrection.”

St. Gregory the Great

Reflecting the Image of Jesus Christ



II. THE BLESSINGS OF LOVING AN ENEMY ⁽³⁾

3. *Reflecting God's image:*

- “When we love our enemies, we resemble God, who makes His sun rise on the evil and on the good and sends rain on the just and on the unjust. By doing so, we become sons of the Most High.” *St. John Chrysostom*



III. HOW? ⁽¹⁾

1. The acknowledgment of the presence of a grudge
2. Don't be an enemy yourself. An abusive husband and a contentious wife are enemies to their own families.



III. HOW? (2)

3. Loving an enemy is not about affection. It's a decision of the will.
 - Praying for those who hurt you
 - Serving them when possible
 - Avoid talking about them
 - Resist every thought of retrieving of the hurt

III. HOW? (3)



4. Working on the root of the problem:
The Ego
 - “As a spark falling into the sea does no harm, so a wrong received and patiently endured is but a spark, which dies instantly when it falls into the soul that is accustomed to patience and humility.”

St. John Chrysostom