

Some teachings feel like they were built to test the reader, not just inform them. Jesus' call to love enemies is in that category. It is not vague encouragement, not the soft option for people who struggle with anger, and not a slogan you can slap on a protest sign. It comes with edges.

The phrase sounds simple until you meet it in real life. You can forgive a stranger who bumps into you at a store. That is not the same as loving someone who threatens your safety, mocks your faith, sabotages your work, or keeps pushing the same bruise again and again. The tension is not only moral, it is practical. How do you love a person who benefits from your pain?

Jesus does not dodge the question. In the Sermon on the Mount and in the way he lived, he puts love where our instincts want revenge, distance, or at least the kind of contempt that keeps us warm at night. Loving enemies is not denial of wrongdoing, and it is not pretending the harm did not happen. It is a different kind of strength.

The problem with “love” when the other person won’t change

We tend to treat love as a reaction. Someone is kind, we respond kindly. Someone is cruel, we harden. That is how emotions work, and it is also how relationships often run when no one is trying very hard.

But Jesus' message pushes love away from reaction and toward intention. The love he names is not primarily a feeling you wait to receive, it is a decision you can practice even when your feelings lag behind.

That distinction matters because it keeps the teaching from turning into self-help fantasy. If you expect to feel affection toward an enemy, you will burn out. Most people do not produce warm feelings on command, and anyone who claims otherwise is selling something. What Jesus asks for is closer to steadfast goodwill, a refusal to make harm your language, even while you still acknowledge that what <https://wsbt.com/news/nation-world/aoc-blasts-christian-super-bowl-ad-says-jesus-wouldnt-spend-millions-to-make-fascism-look-benign-alexandria-ocasio-cortez> the other person did is wrong.

I learned that the hard way during a workplace conflict that grew teeth. A colleague started undermining my work in small ways, then escalated into public corrections that were less about accuracy and more about status. I could feel my mind sharpening. I began rehearsing arguments the way you rehearse a song you know you'll be forced to perform.

At first, I called it “being prepared.” Then it became “being ready to win.” Eventually, my thoughts stopped being about truth and started being about retaliation. I wanted to explain, expose, embarrass.

The moment I realized I was planning revenge was the moment I had to stop and ask a question I had avoided. If I'm a follower of Jesus, what kind of love is supposed to survive here? Not the love that feels warm. The love that keeps your behavior from turning into the other person's pattern.

It did not fix the conflict overnight. It did force me to slow down enough to act with intention instead of impulse. That was the beginning.

Jesus makes enemy-love more specific than we expect

People sometimes talk about loving enemies like it is a generic principle. Love is good, revenge is bad, be kind, that sort of thing.

Jesus does something more demanding. He makes the moral vision concrete. He points to the kind of people you would normally exclude and then asks why your goodness should be called goodness if it only appears where it

costs you nothing.

He also connects this to God's character. The point is not only "be nicer." It is "reflect the source of your life." When you live like God's love is only for your friends, your faith becomes selective. When you live like God's mercy is larger than your personal boundaries, your faith becomes recognizable.

In the Sermon on the Mount, the teaching lands like this: don't stop at love that matches social expectations. Love the kind of person who would normally trigger your defensive reflexes. If you restrict love to those who already behave, you are basically mimicking the same logic the world uses for deals and alliances.

That does not mean Jesus is calling for blind trust. The teaching is not "keep letting the same person harm you." It is not "treat danger like it's a misunderstanding." Loving someone can include clear limits. Loving someone can include refusing to engage in certain conversations. Loving someone can include taking steps to protect others. Love is not the same thing as exposure.

This is an important distinction because enemy-love can be misused in two opposite ways. Some people use it to justify tolerance of abuse: "Just love them harder." That is not Jesus' spirit. Others use it to dismiss the command entirely: "I can't love them, so I'll just distance myself." That is not Jesus' spirit either. The command is about the heart's posture toward the other person, not about surrendering your safety or your responsibility.

What enemy-love is not

It helps to say what Jesus is not requiring, because the text is often flattened into a moral command that people then either obey superficially or reject loudly.

Jesus is not asking you to deny justice. He is not asking you to erase consequences. He is not asking you to act like the harm didn't matter.

Here are a few ways enemy-love gets misunderstood:

- **Enemy-love is not approval.** You can condemn what someone does while still refusing to condemn them as a human beyond the reach of grace. Approval is about endorsing actions. Love, at least in Jesus' sense, is about seeking the good of the person while telling the truth about their choices.
- **Enemy-love is not the absence of boundaries.** Someone can be loved and still not be given access to your home, your finances, or your family. Boundaries are often an act of care, not a lack of love.
- **Enemy-love is not pretending you feel nothing.** You can be angry and still refuse to turn anger into cruelty. Anger can alert you to wrongdoing; it becomes sin when it hardens into vengeance.
- **Enemy-love is not refusing to report harm.** When there is abuse or threats, protecting victims is part of love. You can be compassionate without letting harm continue unchecked.

Notice the pattern. Enemy-love is not softness toward evil. It is refusal to let evil become the ruler of your inner life.

The inner battle: how revenge starts small

Revenge usually does not announce itself as revenge. It begins as justified irritation. It grows into fantasizing about the other person getting what they deserve. Then it becomes planning, and planning becomes permission.

If you have never been in that cycle, it can be hard to see where the line is. But most people who have lived through relational damage recognize the early signals. It might be the way you savor their discomfort. It might be

the way you correct them just to correct them. It might be the way you speak about them to others with the kind of detail that turns gossip into a weapon.

Jesus' call exposes how quickly the heart improvises cruelty.

One reason enemy-love feels impossible is that revenge gives you something. It gives you a sense of control when you've lost control. It gives you a kind of emotional relief, like tightening a grip on the steering wheel when you're terrified of crashing. Revenge can feel like power.

Jesus offers a different kind of power, the kind that does not require the other person to bleed for you to feel whole. That power is slower and harder to practice. It is also more durable.

“Love your enemies” and the question of safety

A common objection is practical: “If I love my enemy, won't I get hurt?”

Sometimes you will. Loving people in a broken world can cost you. It may cost you reputation, comfort, or opportunities. But loving enemies does not mean you volunteer to be harmed again and again. Jesus' teaching does not erase responsibility.

There is a difference between loving someone and enabling them. Consider two scenarios.

In one, an enemy is actively violent, and you are coordinating safety. Love shows up as courage, reporting, planning, and protection. In another, an enemy is merely hostile, but no immediate danger exists. Love may show up as patient conversation, restraint in speech, and a willingness to be fair.

In both scenarios, love does not require pretending there is no threat. Love can include clarity about what cannot continue.

The hard part is that the conscience often wants to hide behind either extreme. Some people hide behind “love” to avoid conflict and accountability. Others hide behind “truth” to justify contempt. Jesus does not let either escape.

The logic Jesus uses: goodness that outlives insult

Jesus' enemy-love is not built on sentimental optimism. It is built on the premise that God's goodness is already moving through hostile territory.

Think about the image that often comes up in that teaching. The idea is that certain forms of goodness are not earned. Light, rain, and ordinary life are given in ways that reach people who do not deserve them. The argument is not that enemies are harmless or that harm does not matter. The argument is that the pattern of God's action is not payback.

So when Jesus says love your enemies, he is not instructing you to lower your moral standards. He is instructing you to adopt God's pattern. That means refusing to make your morality depend on the other person's obedience.

It also means you have to stop measuring righteousness by the size of your reaction. Sometimes the most faithful response is not the strongest retort. It is the response that keeps your soul from joining the spiral.

A practical way to live it when you want to strike back

There is a gap between the command and the moment you feel cornered. When a person pushes your buttons, your mind races. Your tongue warms up. Your imagination builds a courtroom where you get to sentence them.

So how do you live enemy-love in the moment?

You cannot negotiate with feelings in the way you negotiate with a colleague. Feelings arrive like weather. What you can govern is attention, speech, and action.

When I started practicing this, I had to build small habits, not grand resolutions. I would do three things, each one simple enough to survive anger's speed.

First, I would slow my next sentence. Anger can turn a sentence into a strike. Slowing forces you to check your motive.

Second, I would choose a smaller goal than "win." In conflict, your brain tends to inflate the stakes until you feel like the only options are victory or humiliation. Reducing the goal to something like "be truthful without cruelty" gives you a path forward.

Third, I would keep a mental distinction between the person and the behavior. I could name the behavior as wrong without converting it into a judgment about the person's worth.

That combination helped me move from revenge scripts to responsible speech. It did not erase the conflict. But it changed what I fed inside myself.

If you need a quick self-check, here is the kind of question that can interrupt revenge's momentum:

- **Am I trying to restore truth, or do I mainly want to restore my pride?**
- **What outcome would I want for the other person if I had to treat them as a human, not a threat?**
- **Is my plan protecting anyone, or only punishing someone?**
- **What would it look like to act faithfully even if they never apologize?**
- **What boundary do I need, without turning love into denial?**

This is not a magic technique, but it is a way to turn the teaching into something you can actually practice.

Where enemy-love hurts the most: in family and long memory

The hardest enemy-love often lives closer than you expect. It might be a relative who weaponizes stories. It might be a spouse who withholds. It might be a friend who breaks a promise and acts like it was nothing.

These situations have something that makes enemy-love feel cruel: history. The past comes with receipts. Memories can turn every new moment into an extension of old pain.

In those cases, enemy-love can feel like betrayal of your own story. You want justice, and you want it now. You want someone to acknowledge the cost they imposed on you.

Jesus does not tell you to forget. He does not ask you to erase the record. But he does ask you not to let the record become a fuel for hatred.

One of the most clarifying experiences I've had in this area was realizing how much my bitterness had started to govern me. The person who hurt me did not even have to be present anymore. The resentment kept me busy anyway. It took my attention, my peace, my energy.

Love, in that context, was less about letting the other person off the hook and more about refusing to let them keep running my mind. That kind of release is not weakness. It is spiritual discipline.

The role of prayer: not as wishful thinking, but as realignment

Prayer can sound like a cliché when people are angry, so it's worth grounding it. In enemy situations, prayer can become a pressure tactic: "I prayed, so why aren't they nicer?" That is not prayer's job.

Prayer is often realignment. It forces you to tell God the truth about what you feel without turning those feelings into actions. It also gradually changes the posture of your heart from "I must get even" to "I want to be faithful."

Praying for enemies does not automatically make you feel warm. Sometimes it makes you feel exposed because you realize how ugly your thoughts have become. That can be painful, but it is also clarifying.

Over time, prayer can shift your attention. Instead of rehearsing revenge, you start to remember the enemy as a person who also lives under consequences, fear, and blindness. That does not excuse wrongdoing. It does change how you treat the person.

And sometimes, in quiet ways, it changes you more than it changes them.

The "command" and the "source": you don't manufacture this alone

A recurring trap is treating Jesus' enemy-love as an achievement. "If I love my enemies, I earn God's approval." That turns love into performance and makes failure feel like shame.

But Jesus presents love as something connected to God's life within you. That means the command is still demanding, but it is not purely self-generated. You practice it, you ask for help, you accept that growth is gradual. You learn to do it badly at first, then less badly over time.

It also means you can admit you need strength without using that admission as an excuse. "I can't do this" can become either a surrender into grace or a surrender into hopelessness. Jesus does not leave you in hopelessness.

He also gives a clue about how love works: it outlasts insult. That is what makes it distinct from ordinary friendliness.

What happens if they never change?

This is the question that honest people ask. If enemy-love is real, why would it not be exploited? Why should you keep practicing when the other person stays hostile?

Here is where the teaching gets steady again. Love is not mainly a lever to force behavior. It is a response to God's character, and it is a way of refusing to let your soul become a mirror of the enemy's cruelty.

If they never change, you still carry less bitterness than you would have otherwise. You might still be hurt. Love does not guarantee comfort. But it can protect something deeper: your conscience, your relationships, your future, and the possibility that you will not become what you hate.

There is also the possibility that love breaks patterns you did not create. Sometimes a person who enjoys power over others cannot sustain it when you stop offering revenge. Not instantly, not magically, but over time. Love can be disruptive, and disruption can be the beginning of transformation.

Loving enemies without losing your mind

There's a thin line between enemy-love and self-erasure. Jesus never taught self-hatred as a virtue. He also never taught that your mental health should be sacrificed as a kind of spiritual proof.

If you find yourself obsessing, spiraling, or becoming consumed, that is not a license to give up on the teaching, it is a signal to practice it more wisely. Sometimes love looks like reducing contact. Sometimes it looks like seeking

counsel. Sometimes it looks like choosing boundaries and then treating yourself with dignity instead of trying to “pay back” your own stress through more suffering.

In other words, enemy-love does not require you to stay in the blast radius. It requires you not to let the blast radius reach your character.

That is why boundaries matter. They are not only for safety, they are for sanity.

The long view: your life trains your heart

Jesus’ radical message is that love is not only about the other person. It also trains the one who practices it. Every time you refuse revenge, you teach your soul a new reflex. Every time you speak truth without cruelty, you strengthen a part of you that will matter later.

Enemy-love is not a one-time event. It is a repeated choice. It comes up in negotiations, in family conversations, in workplaces, in comment sections, and in the quiet moments when you replay scenes and decide what kind of person you want to be.

Over the years, I’ve noticed something: the people who live this teaching well are not usually the most naive. They are not the least wounded. They are the most deliberate. They know the cost, and they still choose love because they believe it is stronger than the enemy’s power.

Not stronger by force. Stronger by formation.

A final way to hold the command

If you have ever felt trapped by this teaching, you’re not alone. Loving enemies is not easy, and it should not be treated like a simple slogan.

A better way to hold it is to see it as a posture with practical outcomes. Love means you refuse to become cruel in response. It means you can name harm while refusing to dehumanize the person. It means you set limits without hatred. It means you keep your own heart from turning into a battlefield where revenge rules.

Jesus’ message is radical because it targets the deepest place, the place where retaliation begins. He doesn’t ask you to feel saintly. He asks you to act faithfully, even when your instincts demand something else.

And once you start, you discover something unexpected. The point is not just what you do for your enemies. The point is what you no longer do to yourself.