

Loving Your Enemy: A Practical Guide

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What is love?

Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you.

Matt 5:44

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Matt 5:44

What is an enemy

[P]ower or influence...ought to be maintained...by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned; By kindness, and pure knowledge, which shall greatly enlarge the soul without hypocrisy, and without guile— Repeating betimes with sharpness, when moved upon by the Holy Ghost; and then showing forth afterwards an increase of love toward him whom thou hast reproofed, lest he esteem thee to be his enemy...

Doctrine and Covenants 121:41-44

Recognizing an enemy attack

Fight

Hot/pumped

Controlling

Yell/argue

Feel like fighting

Flight

Anxious

Avoidant

Fidget/constant motion

Feel like running away

Freeze

Disassociated

Withdrawn

Staring into space

Feel frozen

Submit

Disempowered

Passive aggressive

Agree to whatever

Feel defeated

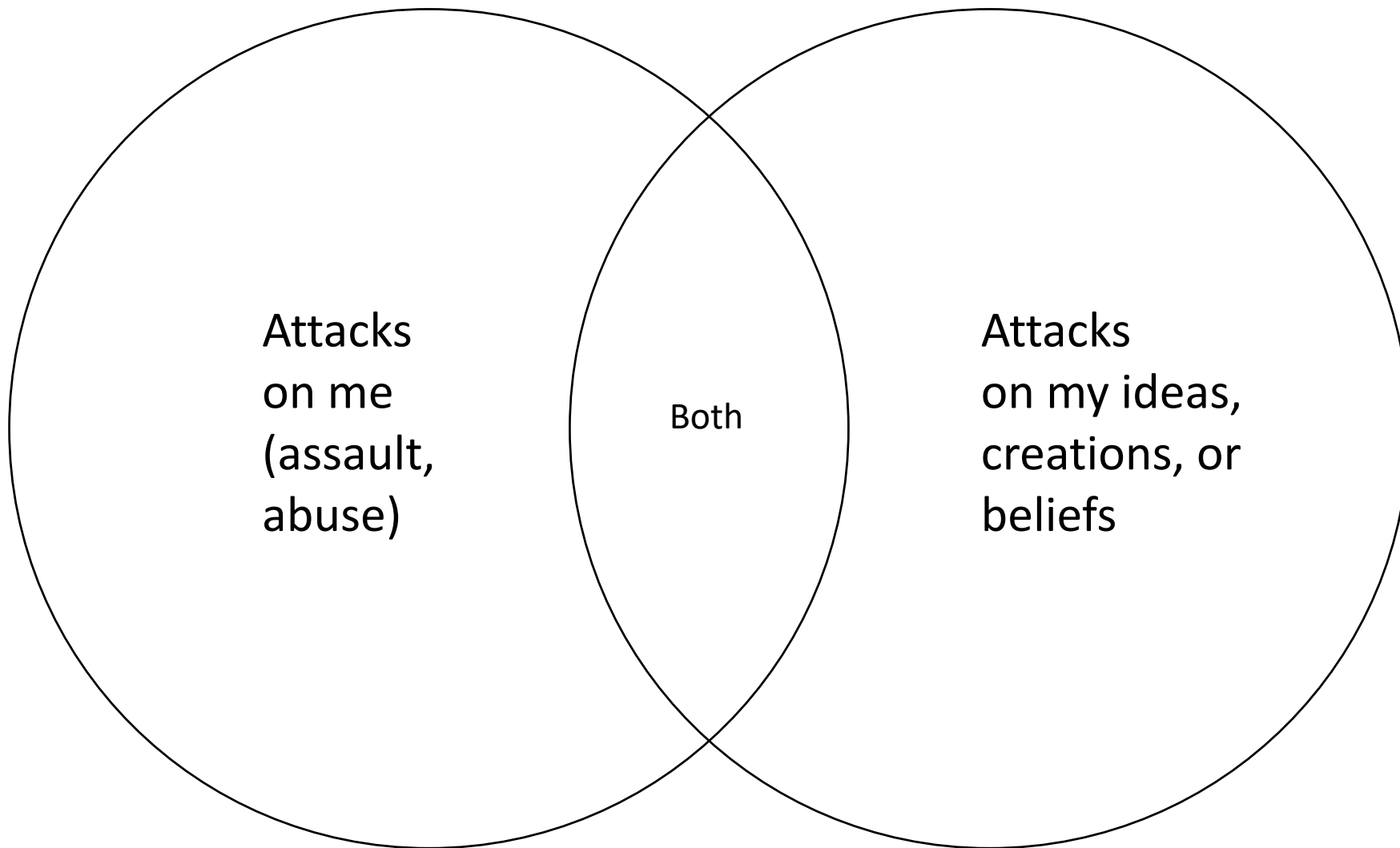
Classifying the type of attack

Three times you felt attacked/threatened:

1.

2.

3.



Attacks
on me
(assault,
abuse)

Both

Attacks
on my ideas,
creations, or
beliefs

For attacks on you (physical, verbal, emotional, sexual, including assault or abuse of any kind) get qualified help.

- Abuse.lids.org
- Rainn.org
- Thehotline.org

For attacks on your ideas, try the following:

Control your physiological response.

This takes practice and effort, but it can be done.

Assess the situation.

What are they attacking, and what are they not attacking? What is the risk?

Be generous in spirit.

Always treat other people with honor, dignity, and respect.

Hold your personal ground.

Being kind does not mean giving up what's important to you.

Remain teachable.

Multiple perspectives are needed to see the Whole Truth.

Control your physiological response

I will control my physiological response by:

Breathing deeply

Kindly disengaging

Exercising

Going for a walk outside

Using butterfly hugs

Assess the situation

I will assess the situation by:

Determining the type of attack

Taking the threat to its natural conclusion

Identifying the purpose of engaging

Considering the opportunity cost

Be generous in spirit

I will be generous in spirit by:

Picturing them in Christ's arms

Imagining what their parents love about them

Giving them a generous story

Praying for them

Hold your personal ground

I will hold my personal ground by:

Writing down what I believe

Creating a personal creed

Writing down the goal or objective of the interaction

Repeating the serenity prayer

Remain teachable

I will remain teachable by:

Defending the perspective of the other person

Asking clarifying questions

Repeating back for comprehension

Seeking common ground

Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with *truth*, and having on the breastplate of *righteousness*; And your feet shod with the *preparation of the gospel of peace*; Above all, taking the shield of *faith*, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of *salvation*, and the sword of the *Spirit*, which is the word of God: *Praying always with all prayer and supplication in the Spirit...*

Ephesians 6:11-18

*God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*

The Serenity Prayer