

A Warrior's Notes

Revenge Weakens the Soul

“Bless them that curse you, and pray for them which despitefully use you.”—**Luke 6:28**

“Thus saith the Lord God; Because that the Philistines have dealt by revenge, and have taken vengeance with a despiteful heart, to destroy it for the old hatred;”—**Ezekiel 25:15**

In **Ezekiel 25:15**, God condemns the Philistines for acting with a despiteful heart and revengeful spirit. Their actions were driven by “old hatred.”

Revenge is usually not sudden — it is stored, nurtured, and justified in the heart.

In **Luke 6:28**, Jesus commands the opposite spirit: Blessing instead of bitterness , Prayer instead of payback.

The contrast is clear: The flesh keeps score. The Spirit releases grace. A “despiteful heart” destroys. A praying heart delivers. Revenge prolongs hatred. Prayer breaks its power.

David and Saul (**1 Samuel 24**). Saul pursued David unjustly, seeking his life. Yet when David had opportunity to take revenge in the cave, he refused.

“The Lord forbid that I should do this thing unto my master, the Lord’s anointed...” (**1 Samuel 24:6**).

Instead of revenge, David left judgment in God’s hands (**1 Samuel 24:12**). David chose restraint over retaliation. He would not let Saul’s hatred produce revenge in his own heart.

This is the opposite of Ezekiel 25:15.

Stephen’s Prayer (**Acts 7:60**).

As stones crushed his body, Stephen cried: “Lord, lay not this sin to their charge.” That is **Luke 6:28** in action.

Stephen did not curse his persecutors — he interceded for them.

The spirit of Christ is most visible when the flesh has the strongest reason to strike back.

Revenge feels powerful in the moment, but it weakens the soul. Prayer feels humbling, but it strengthens the heart.

You cannot control how others treat you. But you can control the spirit with which you respond.

The Philistines chose revenge and earned judgment. David and Stephen chose mercy and reflected God.

When wounded, choose prayer. When cursed, choose blessing. When wronged, choose Christ.