

DISGUST

Disgust is an unpleasant emotional response of revulsion to something considered offensive, distasteful, or unpleasant. It helps protect and maintain purity, morality, boundaries, principles, and values. Physical elicitors of disgust are often associated with perceived health risks, while moral disgust pertains to social transgressions. The primary disgust response is avoidance, although some experience anger as well.

Then Rebekah said to Isaac, "I loathe my life because of the Hittite women. If Jacob marries one of the Hittite women like these, one of the women of the land, what good will my life be to me?" - Genesis 27:46

A disgust response is signaled through facial expressions and body language. Some elicitors are universal, but children also learn to avoid things that cause a disgust reaction in others. Therefore there are some differences in the objects of disgust among different cultures. A personal disgust reaction can be experienced through trauma. Chronic disgust can lead to anxiety disorders such as arachnophobia, germ phobia, and OCD. It can also cause someone to be chronically dissatisfied and impossible to please.

Desensitized Disgust: Lack of guidance for moral purity.

They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. - Ephesians 4:19

- Can come from repeated exposure, intentional tolerance or seared conscience.
- Leads to debauchery, pornography, addictions, habitual sin, etc.
- Dehumanizing to self and others.

Moral Hypervigilance: Chronic disgust becomes judgmental and condemning.

Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." - Romans 12:19

- Can come from a judgmental culture or pride-inflated moral high ground.
- Leads to dissatisfaction, isolation, impossible to please.
- Dehumanizing to self and others.

Self-Disgust: Related to shame, can manifest as OCD or a critical spirit.

- Self-loathing: "I am disgusting."
- Dehumanizes self, inward focus, viscous cycle.

Prayer Strategies

- Identify the disgust elicitor to interrogate the emotion.
- Ask: What rules are being broken?
- Is the standard based on my opinion or God's?
- Repent to God's ways (standards).
- Forgive, and/or be forgiven.
- Release responsibility and vengeance.
- Return to joy.
- The opposite of disgust is trust.