

DISGUST

My job is to protect you from things that will harm you; like food that has gone bad or things that are toxic, whether it's something germy or someone who wants to harm you.

In your body, I can feel like sickness in your stomach, and you might automatically pull a grimace, scrunching up your face.

I make you reject things that repulse you, by making you say 'no' or - if it's really serious - throwing up.

I might work with Anger, for example if someone brings you something that makes you feel Disgust.

Over to you!

What does Disgust usually feel like in your body?

Disgusting injustice

We can feel moral Disgust, for example when we learn about the conditions of workers involved in modern-day slavery or another injustice. We should listen to Disgust and let it call us to pray and act on behalf of those who are oppressed. This is what God said to the people of Israel, through the prophet Amos (5:21-24), when they were oppressing the weak and the poor:

"I'm disgusted by your celebrations, I can't stand your meetings. Get the sound of your singing away from me! But let justice roll on like a river, truth and right-living like an endless stream!"

Use this space to pray for things that are not just or right. Allow yourself to feel disgusted about the injustice, and ask God to change the situation:



We need to be careful about making children over-ride their feelings of disgust. Even though it matters little in the case of, for example, broccoli - they will need disgust to keep them safe throughout their lives.