

# You shall not murder

## Exodus 20:13

Read Matthew 5:21-24. Why does Jesus treat thoughts and words so seriously, on a level with murder?

Reflecting on Genesis 1:27, 2:7 and Psalm 139:13-16, why is human life sacred?

Jesus highlights three ways in which we commit murder in our hearts:

1. Anger that is slow burning, akin to resentment or bitterness.
2. When we treat someone like they don't exist. (raca means 'you non-person')
3. When we speak behind someone's back, or say to their face "You moron, you idiot you fool!"

Comment on your own insights and experiences into these forms of murder. Are there any experiences where you need to experience healing?

God forgave Moses, David and Paul for committing murder, and he did important work through them. For what do you need God's forgiveness?

According to Matthew 5:23-24, how does Jesus want us to deal with our anger, and even the anger of others towards us? What help do you need from God? From other people?

Do you ever doubt whether God can work through you because of things you've done? If so, what do you think God wants you to do with those doubts?