

## Intro

10 commandments – God talking to us  
They are signposts to help us live God's way

## Recap

Commandments 1 - 5

### 6<sup>th</sup> Commandment:

“You must not murder anyone”

I want to show that this can include getting angry

Why not to murder?!?

## Life is valuable.

Life comes from God. It is a gift from God.

We are made in God's image. - We are each very special.

So human life is sacred because:

1. God gives life and takes it away – Not up to us to end life
2. We are made in God's image – all of us. Priceless dignity and value whatever our looks/abilities etc. etc  
Perhaps strong or weak  
Perhaps a bit ugly or rather beautiful!  
Perhaps you are very clever or perhaps not too clever  
Perhaps you are good at running, or dancing, or nothing like that, or maybe you are in a wheelchair  
We are ALL Very special etc to God  
We each have unique dignity and honour
3. We are made to live together giving what we have, and are to other.

Goal: To pursue love, peace and righteousness across all barriers of race, language and culture.  
That will bring in God's kingdom.

As we deal with each other.

1. treat with respect – be kind to each other, help each other etc
2. Defend each other.
3. Give where we can – money time etc.

Bible says that hatred and anger can lead up to murder.

Story of Cain and Abel.

Murder includes the anger and hatred that leads up to murder.

You can sometimes “murder” someone by lies and gossip .....

Aristotle said, “Anyone can be angry – that is easy. But to be angry with the right person at the right time, for the right purpose and in the right way – that's not easy”

## How to deal with anger

1. Count to 10! James 1:19 - “Everyone should be quick to listen, slow to speak and slow to become angry.”
2. Respect yourself. And be humble. We are unique and made in God's image, but when we are wrong admit it!
3. Deal with your anger! Go and sort out your differences. “Don't let the sun go down while you are still angry” Ephesians 4:26 this means do not enjoy being angry!
4. Forgive! Do not take revenge! Leave all that to God. Forgiveness is a decision. Show love joy peace, patience, kindness, goodness, faithfulness, gentleness and self control – Gal 5:22. Cf 1Cor 13:4-8

*“Love is patient, and kind.*

*It is not jealous, Love doesn't boast, Love isn't proud. Love isn't rude, Love isn't always 'me first!' – love doesn't always insist on its own way.*

*Love doesn't get angry easily. Love doesn't remember the bad things that people have done against it. Love isn't happy with bad things, but is pleased with good things.*

*Love always protects, always trusts, always hopes and looks for the best in others. Love always keeps going and never gives up.*

*Love never lets people down.”*

Summary:

### **6<sup>th</sup> Commandment:**

“You must not murder anyone”