

## 10...THE COUNTDOWN

### *Murderers In The Midst*

Exodus 20:13 “You Shall Not Murder.” (NIV)

#### 1. What is murder?

Genesis 4:1-8 Adam lay with his wife Eve, and she became pregnant and gave birth to Cain. She said, “With the help of the LORD I have brought forth a man.”<sup>2</sup> Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil.<sup>3</sup> In the course of time Cain brought some of the fruits of the soil as an offering to the LORD.<sup>4</sup> But Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering,<sup>5</sup> but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.<sup>6</sup> Then the LORD said to Cain, “Why are you angry? Why is your face downcast?<sup>7</sup> If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.”<sup>8</sup> Now Cain said to his brother Abel, “Let’s go out to the field.” And while they were in the field, Cain attacked his brother Abel and killed him. (NIV)

#### 2. What does Jesus have to say about murder?

Matthew 5:21-22 “You have heard that it was said to the people long ago, ‘Do not murder, and anyone who murders will be subject to judgment.’<sup>22</sup> But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, ‘Raca,’ is answerable to the Sanhedrin. But anyone who says, ‘You fool!’ will be in danger of the fire of hell.” (NIV)

Genesis 4:6-7 Then the LORD said to Cain, “Why are you angry? Why is your face downcast?<sup>7</sup> If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.” (NIV)

Proverbs 18:21 The tongue has the power of life and death, and those who love it will eat its fruit. (NIV)

Matthew 12:34 You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks. (NIV)

## Three Ways To Check Your Anger

### 1. Acknowledge it and get rid of it

Ephesians 4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. (NIV)

Ephesians 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (NIV)

### 2. Ask God for help

Psalms 51:10 Create in me a clean heart, O God; and renew a right spirit within me. (KJV)

### 3. Pray the Word

Psalms 19:14 May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer. (NIV)

## CG Questions

1. Biblically, murder is not just killing someone physically. What are some ways people murder someone?
2. Why is it important to control anger?
3. What are some ways to diffuse anger?
4. Why should we watch our words?