

Aim: The 6th Commandment "Do not murder" and Jesus extension about anger. What to do when angry

Refer: Galatians 5; Romans 6; John 2:15, 16

Today we are looking at the 6th Commandment which says "Do not murder". It's from the last half of the Commandments, which are about loving other people, and it's pretty easy to see how murdering someone hurts them.

Have you ever murdered someone? Of course not! – so you might think that you've never broken that Commandment, but Jesus said something very surprising in Matthew 5:21 & 22.

Read Matthew 5:21, 22

If someone needs to be judged, it means they have broken the law – in this case God's law; specifically the 6th Commandment.

Have you ever been angry with someone? Well, you have broken the 6th Commandment, just as if you'd murdered them. Of course the consequence we see on earth for murdering someone are a lot worse than for just being angry – we can't bring someone back to life again after they've been murdered. But either way, we will still have broken the Commandments, which means we deserve to die forever.

What would a murderer have to do to go to heaven? The same thing as everyone else: ask Jesus to forgive them and to take their sin; Jesus did this when He died on the cross,

We humans have what we call a "sinful nature" – that means that it's really easy for us to sin; so it's really easy for us to be jealous, angry, hateful etc. And it can be hard for us to be kind, caring, loving and forgiving, sometimes even impossible. The only way we can do those things is with God's help. (Galatians 5:19-22)

Even the apostle Paul had this problem: **Read Romans 7:15**

No matter how much you try, there will be times when you sin, but does that mean you should give up? No it doesn't, when we try to do what is right, we are showing that we love God. *(Some people in Paul's time thought it did; if necessary, you can summarise it from Romans 6)*

There are times when being angry is not a sin – Jesus was angry when He found the people buying and selling things in the Temple. (John 2:15, 16)

The anger that Jesus felt is like the anger you feel when you see someone else being hurt, or when you see someone being disrespectful to God; anger in situations like those is supposed to motivate us to fix something that is wrong, or stop something that is bad.

But a lot of anger and jealousy doesn't do anything good, it just makes us feel bad inside and makes us want to hurt other people; Satan like to make us feel that way, and when have that sort of anger inside us, it makes it easy for Satan to get us to do bad things.

What are some things you can do when you start to feel angry or jealous?

- Count to 10
- Take some timeout: go for a walk, go somewhere else or do something else.
- Try and work out what you are feeling and why you feel that way – if you're not sure, an adult may be able to help you work this out
- Pray about it – God can also help you to understand your feelings
- Writing about it in a journal or drawing pictures can also help you to work through your feelings
- Do something else that you enjoy and find relaxing: painting, gardening, walking, listening to calming music (classical music is good for calming and helping the brain to think clearly at the same time)
- If someone is cheating or not playing a game properly: ask an adult to supervise, or do something else.
- Pray using ACT: Ask God about the things you are angry about and pray for the person who you are angry with. Confess your anger and your sins. Thank God for all of the good things that you can think of.
- You can "Agree to disagree" – even if you know that they are wrong, telling them you'll agree to disagree saves arguing about it.

Of course the most important thing we can do no matter how we feel, no matter what we've done, no matter what happens, is to pray. God is the only one who can forgive our sins, Jesus died for our sins, but we need to accept His gift, and accept His forgiveness and when we do this, we will feel a lot happier.