

COMMANDMENT 06

Introduction: We tend to hear “Do not murder” and think, “I’m fine.” Jesus pushes deeper: anger and contempt are the heart-habits that grow into harm. The Sixth Commandment isn’t only about hands; it’s about hearts and mouths, how we think about, speak about, and treat image-bearers for whom Jesus died.

ICE BREAKERS

- ☐ Where are you most tempted to hold onto anger? At home, at work, in traffic, online, or elsewhere?
- ☐ What’s a recent example (light or serious) where contempt felt “normal” in our culture?

EXPLORE

The Sixth Word, “You shall not murder,” forbids the culpable and intentional taking of life. Later, Jesus pushes it to the heart level, warning that anger and contempt are the seeds that grow into harm. All people bear God’s image. That’s why our words matter: with the same tongue we bless God and curse image-bearers, “this should not be.” The Jesus-way is not retaliation but overcoming evil with good—renouncing payback, feeding enemies, making peace.

- ☐ Read Exodus 20:12, 13; Deuteronomy 5:17; Matthew 5:21-24; Genesis 1:26-27; James 3:9-10; and Romans 12:17-21.
 - Exodus 20:13 forbids culpable, unauthorized taking of life; How does Jesus trace it back to anger and contempt?
 - How do the fifth and sixth commandment relate to the creation story and the image of God.
 - James 3:9-10 confronts the mismatch of blessing God while cursing image-bearers. How does that reframe “Honor” as who we become, not just what we do?
 - How does Romans 12:17-21 show us to overcome evil with good.

DISCUSSION QUESTIONS

- ☐ Where is contempt easiest for? What do you think might sit under that contempt?
- ☐ What’s in your heart is as real as what’s in your hands. How have thoughts/words already shaped a relationship in your life, positively or negatively?
- ☐ What is a way in which you could de-escalate anger and dignify someone as an image-bearer?
- ☐ What is hard about Jesus’s command to leave your gift at the altar and pursue reconciliation?
- ☐ Our culture normalizes contempt. What counter-habits of compassion could our group practice?

PRAYER & PRACTICE

Challenge: Who is a group or person that tends to anger you often? Choose someone that you are angry with and find a way to show them compassion this week.

Close in prayer. Confess places where anger and contempt have taken root. Ask the Spirit to teach your heart in compassion so that your words and behavior reflect honor towards others. Pray a blessing on the people who anger you, asking God to do them good.

