

# The Ten Commandments – Week 6

## Value Life

**Main Text:** Exodus 20:13

**Additional Scripture:** Matthew 5:21-26

## Main Idea

The sixth commandment is about much more than avoiding murder. Jesus reveals that God's concern is not only our outward actions but also our hearts. Hatred, anger, revenge, and bitterness all diminish the value of human life. Because God has shown us incredible grace through Christ, we are called to value life by pursuing reconciliation, extending grace, and allowing the Holy Spirit to rule our hearts.

**Key Truth:** Through His commands for living in covenant relationship, God offers us a life of freedom instead of fear. Rather than simply modifying our behavior, God desires to transform our hearts.

## Key Truths

### 1. Beware of Unchecked Hatred, Anger, and Rage

**Read:** Matthew 5:21-22

Most people can quickly say, "I've never murdered anyone," and assume they've fulfilled the sixth commandment. Jesus takes us much deeper. He teaches that unresolved anger and hatred are the roots from which murder grows.

The issue is not simply avoiding violence. The issue is allowing God to rule our emotions before they produce destructive actions.

Cain's story illustrates this perfectly. Before Cain murdered Abel, God warned him that sin was "crouching at the door" and urged him to master it (Genesis 4:6-7). Cain ignored the warning, allowed anger to control him, and tragedy followed.

When anger is left unchecked, it damages relationships, clouds judgment, and dishonors the God who created every person in His image.

**Supporting Scriptures:**

- Matthew 5:21-22
- Genesis 4:6-8
- Galatians 5:22-23

## Discussion Questions

- Why does Jesus connect anger with murder?
- What usually triggers anger or resentment in your life?
- How can allowing the Holy Spirit to control your emotions change your responses?

## 2. Seek Restoration Over Revenge

**Read:** Matthew 5:23-26

Jesus teaches that healthy relationships matter deeply to God. In fact, He says reconciliation should take priority even over bringing an offering for worship.

Rather than seeking revenge or secretly hoping someone gets what they deserve, believers are called to pursue peace. God alone is the rightful judge. Our responsibility is to seek restoration whenever possible.

Bitterness and revenge don't just hurt others. They interfere with our worship and fellowship with God. A heart focused on getting even cannot fully experience the freedom Christ offers.

Choosing forgiveness and reconciliation reflects the heart of Jesus far more than insisting on our rights.

### Supporting Scriptures:

- Matthew 5:23-26
- Romans 12:17-21
- Ephesians 4:31-32

## Discussion Questions

- Why is reconciliation so important to God?
- Is there someone with whom you need to pursue peace?
- How can revenge quietly take root even when we never act on it outwardly?

### **3. Concentrate on God's Grace Poured Out for You**

**Read:** Matthew 26:36-46

The greatest motivation for valuing others is remembering how much God values us.

Jesus willingly drank the cup of God's wrath so we could receive God's grace. In the Garden of Gethsemane, He surrendered to the Father's will because He loved us enough to go to the cross.

When we remember the cross, our perspective changes. Instead of focusing on how others have wronged us, we remember how much Christ has forgiven us.

God's grace becomes the foundation for extending grace to others.

Every time we're tempted toward hatred, revenge, or bitterness, the cross reminds us of the mercy we've received.

#### **Supporting Scriptures:**

- Matthew 26:36-46
- Romans 5:8
- Ephesians 2:4-9

#### **Discussion Questions**

- How does remembering the cross help you forgive others?
- Why is God's grace the strongest motivation for showing grace?
- How can regularly reflecting on Christ's sacrifice change your relationships?

## **Application**

This week, ask God to reveal any anger, bitterness, or resentment you've allowed to remain in your heart.

Then take one practical step:

- Surrender an area of anger to the Lord.
- Reach out to someone where reconciliation is possible.
- Spend time thanking Jesus for His grace shown through the cross.

Remember: God is not merely interested in outward obedience. He desires transformed hearts that truly value every person He has created.

# Prayer

Father, thank You for valuing my life enough to send Jesus to die in my place. Search my heart and reveal any anger, bitterness, or desire for revenge that does not honor You. Help me surrender my emotions to the Holy Spirit, pursue reconciliation with others, and continually remember the grace You have poured out through the cross. May my life reflect the value You place on every person. In Jesus' name, Amen.