



## The Gospel According To MATTHEW

### Chapter 5:21-26

## “Why Hate? Try Love!”

### **> Hatred leads to Murder! (v21-22)**

(v21-22) Jesus CORRECTS - the evolving interpretations of fallacious religious leaders and defines the Scriptures according to their original intent. Jesus deals with the original “Thou shalt not kill” (Hebrew *ratsach* – to murder, Ex 20:13).

This properly denotes taking the life of another with malice, or with an intention to murder him. The Jews understood it as meaning no more. The comment of our Savior shows that it was spiritual and was designed to extend to the thoughts and feelings as well as the external act.

- Jealousy, envy, racism, power/control, corruption, money, and revenge lead to hatred; which can lead to murder. Most murders are "crimes of passion" caused by anger among friends, relatives, or in domestic violence.

Anger without a cause leads to murder. Many times, people will kill someone because they are drunk, addicted to drugs, evil, mentally unstable, or demon possessed.

- Jesus explains the progression of someone’s anger, which we always see in the cycle of “domestic violence.”

### **> (v22) Jesus reveals the death spiral of unbridled anger:**

#1 – ANGER WITHOUT A CAUSE!

#2 – “RACA” = VERBAL ABUSE!

#3 – “YOU FOOL!” – EMOTIONAL ABUSE!

#4 – PHYSICAL ABUSE!

#5 – MURDER!

- This scenario happens in marriages with domestic violence, whereas, 90% of the time it’s the husband or boyfriend abusing the wife or girlfriend.

### **Abusive Men: Top 10 Signs of an Abusive Man** **By Stephany Alexander**

**Are you attracted to abusive men? Here are the top 10 signs of an abusive man.**

Abusive men are often survivors of abuse themselves. Signs of an abusive man can range from emotional, verbal, physical, or sexual abuse. Frequently an emotionally abusive man is also a verbally abusive man or a combination of all abuse types. A sign of an abusive man can usually be found after a few dates if you pay attention, ask a lot of questions and do some investigating into his past.

Abusive relationships are characterized by control games, violence, jealousy and withholding sex and emotional contact. An emotionally abusive man is harder to pin-point and a skilled, abusive man can easily make you think you aren’t good enough or

that everything is your fault.

It is just as difficult to recover from emotional abuse as it is from physical abuse. Emotional abuse causes low self-esteem and depression. An abusive man may tell you he loves you or that he will change, so you won't leave. However, the more times you take him back, the more control he will gain.

Empty promises become the norm. Make sure you pay attention to his actions and not merely his words. As the old saying goes, **“actions speak louder than words.”** Abusive relationships are never abusive in the beginning. If they were, women would dump the abusive men immediately in search of a good man.

According to the *American Psychological Association Force on Violence and Family*, over 4 million American women experience a serious assault by a partner each year! Abusive behavior touches all ranges of society.

**> We have broken down the top 10 signs of an abusive man. If your partner exhibits one or more of these signs, it may be time to reevaluate your relationship and seek help or get out.**

**1. Jealousy & Possessiveness** – Becomes jealous over your family, friends, co-workers. Tries to isolate you. Views his woman and children as his property instead of as unique individuals. Accuses you of cheating or flirting with other men without cause. Always asks where you've been and with whom in an accusatory manner.

**2. Control** – He is overly demanding of your time and must be the center of your attention. He controls finances, the car, and the activities you partake in. Becomes angry if woman begins showing signs of independence or strength.

**3. Superiority** – He is always right, has to win or be in charge. He always justifies his actions so he can be “right” by blaming you or others. A verbally abusive man will talk down to you or call you names in order to make himself feel better. The goal of an abusive man is to make you feel weak so they can feel powerful. Abusers are frequently insecure and this power makes them feel better about themselves.

**4. Manipulates** – Tells you you're crazy or stupid so the blame is turned on you. Tries to make you think that it's your fault he is abusive. Says he can't help being abusive so you feel sorry for him and you keep trying to “help” him. Tells others you are unstable.

**5. Mood Swings** – His mood switches from aggressive and abusive to apologetic and loving after the abuse has occurred.

**6. Actions don't match words** – He breaks promises, says he loves you and then abuses you.

**7. Punishes you** – An emotionally abusive man may withhold sex, emotional intimacy, or plays the “silent game” as punishment when he doesn't get his way. He verbally abuses you by frequently criticizing you.

**8. Unwilling to seek help** – An abusive man doesn't think there is anything wrong with him so why should he seek help? Does not acknowledge his faults or blames it on his childhood or outside circumstances.

**9. Disrespects women** – Shows no respect towards his mother, sisters, or any women in his life. Thinks women are stupid and worthless.

**10. Has a history of abusing women and/or animals or was abused himself** – Batterers repeat their patterns and seek out women who are submissive and can be controlled. Abusive behavior can be a generational dysfunction and abused men have a great chance of becoming abusers. Men who abuse animals are much more likely to abuse women also.

If you continue to stay in an abusive relationship because you think he will change and start treating you well, think again. An abusive man does not change without long-term therapy. Group counseling sessions are particularly helpful in helping abusive men recognize their abusive patterns.

Type A personality types seem to be more prone to abusive behavior due to their aggressive nature. Drugs and alcohol can create or further escalate an abusive relationship. Alcoholics Anonymous and Narcotics Anonymous are excellent programs for an addict.

The abuser's partner should also seek help for their codependent behavior at Codependents Anonymous. If the abusive man is not willing to seek help, then you must take action by protecting yourself and any children involved by leaving. By staying in an abusive relationship you are condoning it.

If you are scared you won't be able to survive because of finances, pick up the phone book and start calling shelters. Try calling family, friends and associates and ask them if they can help or know of ways to help.

Once you leave, the abuser may cry and beg for forgiveness but don't go back until you have spoken to his counselor and he has completed long-term therapy successfully.

Be prepared for the abuse to increase after you leave because the abuser has lost control. The Bureau of Justice Statistics states that on the average, more than three women are murdered by their husbands or boyfriends every day so please be careful. If your partner is not willing to seek help for his abusive behavior, your only option is to leave.

**- Biblical understanding is found in 1 John chapter 3 (let's read).**

**- Insight on *RIGHTEOUS ANGER*, for example, Jesus chasing the moneychangers out of the temple court - Matthew 21:12-13 - *Then Jesus went into the temple of God and drove out all those who bought and sold in the temple, and overturned the tables of the money changers and the seats of those who sold doves. And He said to them, "It is written, 'My house shall be called a house of prayer,' but you have made it a 'den of thieves.'"***

**- Paul writes in Ephesians 4:26-27 it says, "*Be angry, and do not sin*": *do not let the sun go down on your wrath, nor give place to the devil.*"**

## > *Love Leads to Reconciliation! (v23-24)*

- **From contention to RECONCILIATION** - Pharisees conformed to the external rites of religion, no matter how much envy, malice, or secret hatred they might have, they thought they were doing well.

- **Our Savior taught a different doctrine.** It was of more consequence to have the heart right than to perform the outward act. If, therefore, says he, a man has gone so far as to bring his gift to the very altar, and should remember that anyone had anything against him, it was his duty there to leave his offering and go and be reconciled. **1 Samuel 15:22** says, "*To obey is better than sacrifice.*"

- **He that comes to worship his Maker filled with malice, and hatred, and envy, and at war with his brethren, is a hypocritical worshipper, and must meet with God's displeasure. God is not deceived, and he will not be mocked!**

- **We experience conflicts within marriages, families, friendships, workplace, strangers, freeways, etc.;** how do we resolve these conflicts?

- **HERE ARE FIVE STEPS TO CONFLICT RESOLUTION:**

*Step #1 – We need Conflict RECOGNITION (what are my sins)*

*Step #2 – We need Conflict REPENTANCE (stop sinning, do right)*

*Step #3 – We need Conflict RECONCILIATION (confess your sins, ask for forgiveness)*

*Step #4 – We need Conflict RESTORATION (time, diligence, love, and grace will bring healing)*

*Step #5 – We need Conflict RESOLVE (never again, be consistent in doing right)*

- **Get right, speak right, and stay right according James chapter 3.**

Jesus tells a story in verses 25-26 that we need to reconcile **QUICKLY**, don't wait, procrastinate, put off or delay, do it today!

- **Communicate with a SPIRIT OF GENTLENESS** - Galatians 6:1-5 - *Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks himself to be something, when he is nothing, he deceives himself.*

- **GET RESULTS!** - James 5:16 - *Confess your trespasses to one another, and pray for one another, that you may be healed.*

- **In 2 Corinthians 5:18-21** - *Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation. (It's never revenge; it's reconciliation!)*

*Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God. For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.*