

TAKE HOME SHEET



Series: Top 10
Message: Do Not Murder
Speaker: Brandon Pendleton
Date: May 21, 2023

Read Exodus 20:13
Read Matthew 5:17-26

Psychology Today says:

“Emotional intelligence refers to the ability to identify and manage one’s own emotions, as well as the emotions of others. Emotional intelligence is generally said to include a few skills: namely emotional awareness, or the ability to identify and name one’s own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes both regulating one’s own emotions when necessary and helping others to do the same.”

Why do you think emotional intelligence is important today?

Based on the definition above and thinking about how we relate with others, what value is there in increasing our emotional intelligence?

On your computer or phone, search online for the “emotion/feelings wheel.” Take a moment and notice what emotions are associated with anger.

Why is it important to check how we handle our anger?

What can happen if we do/don’t?

Test yourselves to make sure you are solid in the faith. Don’t drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out. If you fail the test, do something about it.

2 Corinthians 13:5-8 (MSG)

Read Genesis 4:1-15 and Ephesians 4:26-27. Anger is not a sin. However, Jesus let us know that God is watching closely how we handle it.

What do we put at risk when we mismanage our anger?

We may not always agree with others. Because people are made in the image of God, they are worthy to be treated with respect and dignity.

What are some ways you can keep your anger in check while still relating well with others?

One of New Hope’s core values is that growing people change. Following Jesus leads to growth, and growing people change. Healthy people continue to develop in their character, behavior, values, and attitudes, so they become more and more like Jesus.

In what way(s) has this message impacted your journey to follow Jesus?

BIBLE TRANSLATIONS:

MSG – The Message

NLT – New Living Translation

MESSAGE NOTES



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²¹ You have heard that our ancestors were told, 'You must not murder. If you commit murder, you are subject to judgment.' ²² But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. ²³ So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, ²⁴ leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God. ²⁵ When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. ²⁶ And if that happens, you surely won't be free again until you have paid the last penny.

Matthew 5:21-26 (NLT)

1. God not only considers our actions, but also our thoughts and words.

The heart is hopelessly dark and deceitful, a puzzle that no one can figure out. But I, GOD, search the heart and examine the mind. I get to the heart of the human. I get to the root of things. I treat them as they really are, not as they pretend to be.

Jeremiah 17:9-10 (MSG)

2. We need to increase our emotional intelligence and check our motives.

Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out. If you fail the test, do something about it.

2 Corinthians 13:5-8 (MSG)

3. We honor God when we are responsible with our anger.

Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life.

Ephesians 4:26-27 (MSG)