



## TEN: No Murder | May 25, 2016

### Discussion Guide

#### The Scoop

Don't murder should be a short conversation without argument. However, God warns us about the seeds of murder that can build up in our hearts.

#### Key Verse

1 John 4:16-19 (NLT)

*God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world.*

*Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. We love each other because he loved us first.*

### Discussion

Most of us have little things that frustrate us and build up inside us (i.e. road rage, grocery store checkout lines, customer service phone calls, etc.). Even though we can all admit to simple and big things that infuriate us, the average person would never admit to being anywhere near murder.

1. What things make you the angriest? Why?
2. Have you ever felt your anger or disdain build so much that it ruins your day or makes you feel like a different person?

God is always after what lies in our hearts. Like most bad life circumstances, people don't wake up one morning and decide to go bankrupt, cheat on their spouse, or murder. The slow burn of anger can alter our hearts so much that we become a different person.

3. Have you ever thought anger and other bad thoughts could lead to some very poor decisions or reactions? Explain.
4. Have you ever tried to shift your perspective and assume whatever it is that makes you angry isn't a direct personal attack? How?

The Bible says that God is love and that love drives out fear. It also says that our love is a representation of Jesus here in this world. The seeds of anger that we give life to and indulge in shift this world away from the story God is trying to tell through us..."We love each other because he loved us first."

5. What types of things has God helped to change or restore in your life?
6. What might be some ways to swap thoughts of anger for thoughts of God's grace when you feel the seeds of anger taking root?

### What's Next?

This week consider how you can rely on the verse in 1 John to help you see the best in others and cut off anger before it builds. This work is a constant, intentional effort. Admittedly, some of us are better at than others so the second challenge is to be on the look out for the seeds that are looking to take root in your heart. In both cases, reflect on God's grace and love and let that love drive out fear and anger.