

JESUS TEACHES ABOUT THE SIXTH COMMANDMENT

1. Jesus reminded the people that the Old Covenant said, "Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of judgment: but I say unto you that whosoever is angry with his brother without a cause shall be in danger of judgment." (Mt. 5:21-22)
2. Does the teaching of Jesus about the moral law seem to be on a higher plane than the Old Covenant teaching? _____
3. Now read this same teaching of Christ in III Nephi 5:69-70. Compare verse 70 with verse 22 in Matthew. What three words found in the Bible are missing from verse 70 in the Book of Mormon? _____

The reason: _____

4. Why did Jesus compare **being angry** with **murder**? (Read Mark 7:21-23.) The biblical concept of your *heart* is that it is the sum total of one's intellect, emotions and desires.

So what Jesus was saying can be diagrammed in the following way:

_____ (a human emotion) _____ (revenge, violence, etc.) _____ (an overt act)

5. So why can movies with nudity and immoral scenes and magazines with pornography be dangerous to us? _____

6. Now back to the subject of anger: **IS ANGER A SIN?**

7. Eph.4:26 says, "***Be ye angry, and sin not: let not the sun go down upon your wrath.***" We can see there is a difference between *being angry* and *sinning*. Anger is a normal human emotion which can be very useful in our communication with one another. Where did human emotions come from? _____

8. Read Psalms 7:11 and II Nephi 8:95. Does the Lord ever express anger? _____ There are times when it proves to be a useful emotion that helps us to address our problems.

9. Eph.4:26 is saying that to keep our anger from becoming sinful, we should allow it to help us resolve our problems that very same _____.

10. Our anger becomes sinful in two basic ways; (a) when we **blow up** and (b) when we **clam up**.

- a. When a person blows up, all his emotional energies are fired at another person (usually to hurt that person); they are not used to help in solving the problem.
- b. When a person clams up, all that energy and adrenaline are released within. The results can be destructive and the real problem never is addressed. Have you ever seen a person who was angry about something but refused to talk about it? How do they usually act?

Are they fun to be around? Do you ever do that?

- c. Many times we hear professional people tell us that we should not keep our anger inside; it is more healthy to let it all out, vent our anger. Nancy was a student of mine. She had an IQ of almost 200, the smartest pupil I'd ever been around. But she had difficult times relating to other people. She lived in a single parent home and often had trouble getting along with her mother. She was sent to a psychologist for help. This psychologist allowed Nancy to vent her internal anger with her mother (and maybe me) in her office. Nancy would scream, curse and thrash about in her rage. She was given a large pillow (imagined to be her mother) and she would pound it and stab it repeatedly with a large crochet needle. This is why Jesus compared anger to murder. Nancy was taught by the psychologist to ritualistically murder her mother. By the way, this brilliant girl never finished high school.
- d. The scriptures speak a great deal about blowing up when we are angry. Read Proverbs 14:29; 15:18 and 29:22.
- e. You often hear people who blow up frequently say, "I can't control my anger." Is this really true?
- f. What should be our response if someone is "blowing up" at us? Read Proverbs 15:1.

11. When the Lord warned us of the seriousness of being angry with our brother/neighbor/friend, He also told us what we are to do to prevent problems from growing out of control. First, let's read Matthew 5:23-25. If we know someone is upset with us, what should we do?

(verse 24) _____

(verse 25) _____

Secondly, let's read Mt. 18:15-17. If someone has sinned against us, what should we do?

(verse 15) _____

(verse 16) _____

(verse 17) _____

12. In 1 Peter 4:8 we are told to have charity, "**for charity shall cover the multitude of sins**". How could this apply to Matthew 18:15-17? _____
