

God's Commandments: Murder Exodus 20:13; Genesis 4:1-16



Here's what happens...

God says not to commit murder. In a brotherly feud between Cain and Abel, Cain is jealous of his brother, Abel. God warns Cain not to fall into sin's trap by being angry and dejected. But Cain doesn't listen and kills his brother. God punishes Cain by making him a homeless wanderer.

Bible Point:

We don't hurt others.

"Jesus replied, 'You must love the Lord your God with all your heart, all your soul, and all your mind' " (Matthew 22:37).

Through the Week

Family members tend to hurt each other more than anyone else! Try this strategy this week to avoid hurting one another.

- When you feel angry at someone, pause and take 10 deep breaths before you react. With each exhale, whisper the name of Jesus.
- After taking that time to calm down and ask Jesus for help, respond to the person.
- At the end of the week, talk about what difference it made in your family this week for everyone to calm down and turn to Jesus before reacting out of anger.

Got Questions? Contact us at
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Talk About This...

- Tell about a time someone hurt you.