

the heart can only be found in the forgiveness of Jesus Christ. He died on the cross to pay for the sins of all murderers who would turn to him in faith.

Discussion Questions

- Have you ever struggled with the sin of anger? What kind of situations are most likely to rouse your anger?
- How serious is the sin of anger? What should you do if God brings you to realize you have sinned in anger?

Day 5 – Review Q&A and recite memory verse

So far we have focused our attention on seeking the physical life and health of our neighbor in the 6th commandment. Before we finish we ought to consider an even weightier application of this law. Matthew 16:25-26 *For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?* More important than our physical lives and health are our spiritual lives and health. If we seek to preserve our lives and health at the expense of our eternal souls, we are actually seeking eternal death. Likewise, if we take care of our neighbor's physical needs, but ignore his need for Christ, we are padding his way to hell. Ezekiel 3:18 *If I say to the wicked, 'You shall surely die,' and you give him no warning, nor speak to warn the wicked from his wicked way, in order to save his life, that wicked person shall die for his iniquity, but his blood I will require at your hand.* If you don't yet know Jesus as savior, you need to trust in him for salvation and save your life forever. If you know Jesus, consider who you may need to tell the gospel to. Your friend or neighbor who doesn't know Christ is going to die apart from salvation unless someone tells them the good news.

Discussion Questions

- Do you think more about your earthly life or your spiritual life? Which is more important?
- What are some ways you could prepare to tell people you know about Jesus?

Baptist Catechism

Family Worship Guide



West Oaks Baptist Church

(in preparation for Sunday, March 2nd, 2025)

Baptist Catechism Question #74

Q: What is forbidden in the sixth commandment?

A: *The sixth commandment absolutely forbiddeth the taking away of our own life, or the life of our neighbour unjustly, or whatsoever tendeth thereunto.*

Suggested Memory Verse

Matthew 5:22 But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire.

Day 1 – Review Q&A and recite memory verse

The sixth commandment forbids murdering ourselves or others. While many people today understand that we shouldn't murder others, they are often confused why we can't commit suicide. Don't we have a right to do with our own bodies whatever we wish? This sort of thinking misunderstands who we actually belong to. We don't belong primarily to ourselves, but to God who created us. Our worth and dignity is bound up in the way God created us in His own image. This is the basis for the death penalty given to Noah. Genesis 9:6 *"Whoever sheds the blood of man, by man shall his blood be shed, for God made man in his own image."* Since God created us, and imbued us with his own image, we don't have the authority to murder ourselves. It's not our own image to destroy. Only God has the prerogative to kill whoever He wills. Deuteronomy 32:39 *"See now that I, even I, am he, and there is no god beside me; I kill and I make alive; I wound and I heal; and there is none that can deliver out of my hand. Though some of us will have times in life when things feel hopeless and we are tempted to give up on life, remember that God is the one who holds your life. Pray for the faith to let Him do with you what He will. Only there can you find life."*

Discussion Questions

- Have you ever heard of someone who committed suicide? Why was it wrong for them to do that?
- What hope does the gospel give to those who are despairing of their lives?

Day 2 – Review Q&A and recite memory verse

Does the 6th commandment only speak to those who directly commit murder? Some of the people who are most condemned by the commandment are not those who 'pull the trigger' and directly commit murder. They are rather those who hand the innocent man over for the slaughter. The most notorious case of a murderer who didn't actually kill someone was Judas Iscariot. Judas became jealous of Jesus and handed him over to the chief priests for the sum of thirty pieces of silver. Judas didn't hang Jesus on the cross, but he might as well have. Judas knew his sin and laments at what he had done. Matthew 27:4 *"I have sinned by betraying innocent blood."* While Judas lamented his sin and gave the blood money back, he never repented before God. He died a sinner under the wrath of God for his sins, including the sin of murder. King David committed a sin much like that of Judas. In an attempt to cover up his sin with Bathsheba he gave orders for her husband Uriah to be murdered at the hands of enemy soldiers. Though David did not kill Uriah with his own hands he knew the nature of his sin. He knew he had murdered Uriah, and in doing so he had sinned against God himself. By God's grace David had a much different response than Judas. Psalm 51:14 Deliver me from bloodguiltiness, O God, O God of my salvation, and my tongue will sing aloud of your righteousness.

Discussion Questions

- What are some ways someone might be guilty of murder without 'pulling the trigger' themselves?
- Can you think of any times in the Bible when a murderer was forgiven?

Day 3 – Review Q&A and recite memory verse

The 6th commandment not only condemns murder, but also *whatsoever tendeth thereunto*. While this likely includes the one who hires the hitman it goes far beyond that. Sometimes we can do that which is harmful to our bodies by neglect. This might be through lack of exercise for long periods of time, or overeating because of a gluttonous heart. Some people have sought to commit themselves to good things like work, yet neglected necessary rest and recovery. One day they realize they have harmed their bodies through such regular abuse. Commonly, sins and addictions in life lead to sinful neglect of the health God has given us. Regular heavy use of cigarettes destroys a man's body over the years. Many have harmed their own bodies or hurt others through drunkenness or addiction to other drugs. Proverbs 23:31-32 *Do not look at wine when it is red, when it sparkles in the cup and goes down smoothly. In the end it bites like a serpent and stings like an adder.* While our bodies and their health must be kept in proper biblical balance, we are called on to steward and care for these gifts God has given us. So often, our sinful hearts are prone to distract us from our duty. Christians ought to seek proper balance as they preserve and nourish the lives God has given them.

Discussion Questions

- How good have you been at preserving the health of your body and mind? What are areas you could improve in?
- How should Christians respond when God has not given them healthy bodies or minds?

Day 4 – Review Q&A and recite memory verse

As with the other commandments, the 6th commandment is a spiritual commandment. While there are obvious ways for people to keep or break the commandment, the core of the commandment is found in the heart. This means you don't have to murder someone physically in order to break the law. You can break the law by murdering them in the thoughts and desires of your heart. 1 John 3:15 *Everyone who hates his brother is a murderer...* Jesus was well known for this sort of teaching on the law. In the Sermon on the Mount Jesus tells the disciples that the Pharisee's usual way of applying the law is flawed. The Pharisees made may hundreds of picky rules to follow EXTERNALLY so that they could claim they kept the law. Jesus shows that the law is first kept IN THE HEART. Matthew 5:22 *But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire.* We won't all have murdered another person. Yet, we all are guilty of hatred in our hearts toward another. They remedy for sins of