

Decoding the Torah Season 3: Anger, Murder, and the War Inside the Heart

Decoding the Torah: Season 3

Core Message: Rabbi explores two powerful commandments from the Torah: honoring our parents and the prohibition against murder. Rabbi Schneider teaches that honoring our father and mother is a spiritual principle that recognizes the divine partnership in our creation and releases God's blessing when practiced, even in difficult circumstances. He then examines the commandment "You shall not murder," exposing how anger, hatred, and ill will are forms of murder in the heart. The message calls believers to self-examination, repentance, and the pursuit of love, peace, and inner mastery through the Spirit of God. This will bring freedom to many who are "stuck" in a place of unforgiveness

Main Bible Verses (NASB):

Core Memory Verse: (Exodus 20:12) "Honor your father and your mother, that your days may be prolonged in the land which the Lord your God gives you."

- **(Exodus 20:13)** "You shall not murder."
 - **(Genesis 4:6-7)** "Then the Lord said to Cain, 'Why are you angry? And why is your face gloomy? If you do well, will your face not be cheerful? And if you do not do well, sin is lurking at the door; and its desire is for you, but you must master it.'"
 - **(1 John 3:15)** "Everyone who hates his brother or sister is a murderer, and you know that no murderer has eternal life remaining in him."
 - **(Matthew 5:44)** "But I say to you, love your enemies and pray for those who persecute you."
 - **(Proverbs 4:23)** "Watch over your heart with all diligence, for from it flow the springs of life."
 - **(James 3:10)** "From the same mouth come both blessing and cursing. My brothers and sisters, these things should not be this way."
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Key Points (Fill-in-the-Blank):

- "There were three partners in bringing us into the ____: God the Father, our earthly father, and our earthly mother."
- "In honoring our parents, we recognize the Almighty and His ____ process in bringing us into the world."
- "Even if we don't see eye to eye with our parents, we need to ____ them and express our ____ for what we have received through them."
- "This commandment to honor our parents extends to those that have ____ us in life."
- "Murder isn't just about an outward act, it originates in the ____."
- "If we hate somebody, we're actually ____ of the sin of committing murder."
- "The challenges that you face in life don't define who you are—they're the ____ for you to excel into greatness."

Notes:

(Use lines below for personal notes)

Reflection Questions:

1. What does honoring your parents look like in your current stage of life, especially if your relationship with them is difficult?

2. In what ways can you express appreciation for the gifts or values passed on to you by your parents or mentors?

3. Are there any unresolved feelings of anger or hatred in your heart that may reflect a spirit of murder? Will you right now bring these before God?

4. How can you actively cultivate peace and love toward those who have hurt you or treated you unjustly?

5. By God's grace, will you own your anger as Rabbi explained? What will you do to resist ungodliness in difficult relationships?

Application Challenge of the Week:

This week, identify one person (a parent, mentor, or elder) to honor by writing them a note of appreciation or making a kind gesture, even if the relationship is strained. (Or come up with your own as the Lord leads):

Prayer Prompts:

- Thank God for the gift of life through your parents and mentors.
- Ask the Holy Spirit to reveal any hidden anger or hatred in your heart.
- Pray for strength to love and forgive those who have wronged you.

Resources	Where to find it
Decoding the Torah: Ancient Wisdom for a Modern World by Rabbi K.A. Schneider	https://discoveringthejewishjesus.com/decoding-the-torah/

“The Lord bless you, and keep you; the Lord cause His face to shine on you, and be gracious to you. The Lord lift up His face to you, and give you peace.” Numbers 6:22-27 (NASB 95’)