

SPIRITUAL TASK – THE FIFTH COMMANDMENT (Exodus 20)

by the Rev. David Roth at the New Church of Boulder Valley

Story The Fifth Commandment demands that we do not murder.

Meaning Keeping this commandment is a lot more involved than we may have thought. Part of what it asks us to do is not take human life, not physically wound others either fatally or otherwise, not to wound another's reputation, to shun feelings of enmity, hatred, and revenge and not use words in a hurtful way.

Task This week challenge yourself to be a life giver rather than a life taker. Naturally refrain from lifting your hand in a hurtful way to anyone, and if you are having feelings of anger or hate, stop and pray to the Lord that He remove those feelings. Simply say, "That feeling is from hell." When you do this you will find that the feeling subsides. We are taught that the Lord will remove these feelings if we will identify them as being from hell and ask for help to remove them. Do this before you do anything hurtful.