

Peace in an Age of Rage

10 Ways to a Better Life series

by Chris Famisaran

Exodus 20:13
Psalm 139:13-16
Matthew 5:21-26
James 3

Do not murder goes beyond physical violence, it forces us to examine our hearts, minds, and our words, which has the power to wound and destroy.

The sixth commandment reveals that God is the author of life. Life is sacred and we are all valuable in God's eyes.

“Contempt—expressed through disdain, dismissal, or superiority—damages trust and creates emotional distance. It erodes both relationships and spiritual values.” (Bishop Mariann Edgar Budde)

Leading with empathy and compassion will repair relationships, change hearts, and bring real peace.

Reflection: Is there someone you personally know that causes you to become angry, and if so why?

Challenge: Choose someone you are angry with. Listen with empathy and compassion. Where possible start the process of reconciliation.