



**ST. MATTHEW AME CHURCH  
WOMEN'S BIBLE STUDY FELLOWSHIP**

**WINTER SERIES:  
"I AM MY SISTER'S KEEPER"**

Then the LORD said to Cain, "Where is your brother Abel?" "I don't know," he replied, "Am I my brother's keeper?"

Genesis 4:9 NIV

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Women's Bible Study Fellowship

Winter Series: "I Am My Sister's Keeper"

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Session Two: "What If I Were You and You Were Me?"

Keep on loving each other as brothers. Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it. Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering. Hebrews 13:1-3

I. Review of Session I. Review of the term, "Am I my brother's keeper?"

- The story of Cain and Abel- Genesis 4:1-9
- Cain and Abel brought an offering to the Lord. Abel's was accepted, but Cain's was not. Maybe Abel's sacrifice (an animal substitute) was more acceptable to God and Abel's attitude was right.
- Cain got angry, furious-Genesis 4:5
- Cain's reaction gives us a clue that his attitude was probably wrong from the start. Subsequently, Cain murdered Abel, his brother.
- God confronts Cain following the murder of his brother. God begins with the question, "where is your brother?"
- Instead of confessing, Cain lies to God and he remains defiant. He brazenly claims not to know where Abel is.
- Cain then ask a question: "Am I my brother's keeper?" Cain's question not only represents dishonesty, but disrespect.
- This term, "I Am My Brother's Keeper " today has nothing to do with the way it was used by Cain. Cain was being cynical and sarcastic.
- Today the term means that we are to look out for our brother/sister. Galatians 6:2
- We should not only sympathize, but also empathize with each other. It is our responsibility to encourage and support each other especially in our weaknesses, grievances and trials.  
I Thessalonians 5:11

We All Matter

- We matter to God. "God sees Us" Luke 12:7
- We must know that we are valuable. "I See Me" Psalm 139:13-14
- We must acknowledge each other." I See You" Romans 12:10

II. Session II-"What If I Were You and You Were Me?"

Keep on loving each other as brothers. Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it. Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you were suffering. Hebrews 13:1-3

- Real love for others produces tangible actions(kindness and empathy)
- We should also be kind to strangers.
- The scripture encourages us to "walk a mile in someone else's shoes, "means before judging someone, you must understand their experiences and challenges.

- Empathy is about standing in someone else's place, feeling their heart, and seeing with their eyes.
- **However, how often do we actually put ourselves in those situations?**
- We should never pass quick judgment, because you never know when you may be in the same situation.

Don't pick on people, jump on their failures, and criticize their faults-unless of course, you want the same treatment. That critical spirit has a way of boomeranging. It's easy to see a smudge on your neighbor's face and be oblivious to the ugly sneer on your own. Do you have the nerve to say, "Let me wash your face for you, "when your own face is distorted by contempt? It's this whole traveling road-show mentality all over again, playing a holier-than-thou part instead of just living your part. Wipe that ugly sneer off your face, and you might be fit to offer a washcloth to your neighbor.

Matthew 7:1-5 Message Bible

- Do not judge. We do not know what storm God has asked our sister to walk through.
- Sometime we judge others in order to tear them down in order to build oneself up.

"Walk A Mile In My Shoes"

- unhappy marriage/divorce
- ungrateful children
- financial problems
- continuous health challenges
- family medical problems
- an incarcerated family member
- child with challenges
- caregiver
- death of a loved one
- victim of abuse(sexual, physical, verbal)depression
- broken relationships etc.

III."I Am My Sister's Keeper in Word and Deed"

- And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:17

Doing all in the name of the Lord Jesus means bringing honor to Christ in every aspect and activity of daily living. We respect Christ at all times-wherever you go, whatever you do or whatever you say,

What I Say to My Sister Matters

- On the average, a person opens his/her mouth approximately 700 times a day to speak. Knowing the power of the tongue, we would do well to ask God to guard what we say so that our words will bring honor to God and encouragement to our sister.
- Set a guard, O Lord over my mouth; keep watch over the door of my lips. Psalm141:3

IV. "Watch What You Say"

What you say and what you don't say are both important. Proper speech is not only saying the right words at the right time, but it is also controlling your desire to say what you shouldn't.

James 3:2-12

- James compares the damage the tongue can do to a raging fire. The uncontrolled tongue can do terrible damage. Idle and hateful words are damaging because they spread destruction quickly, and no one can stop the results once they are spoken. A few words spoken in anger can destroy a relationship that took years to build. Before you speak, remember words are like fire-you can neither control nor reverse the damage they can do.

- When we speak to each other, we can choose to constructively use words of encouragement or destructively use words of despair.
- One negative comment can ruin a person's day, or it might even ruin a person's life. On the other hand, one positive and encouraging comment can just be enough to make a difference in an individual's life.
- We should be very careful with our speech. We should not put others down. Be careful about bragging and complaining.
- Before you speak, ask yourself "is what I want to say necessary? "Is it kind?"

#### V. "For You My Sister, I Choose Life"

- Gracious words are like a honeycomb, sweetness to the soul and health to the body. Proverbs:16:24
  1. We must discipline ourselves to speak in a way that conveys respect, gentleness and humility.
  2. A word of encouragement during a failure is worth more than an hour of success.
  3. When we feel burned out and hopeless, encouraging words will energize our soul.

"As long as there is poverty in the world, I can never be rich, even if I have a billion dollars. As long as diseases are rampant and millions of people, in this world cannot expect to, live more than twenty - eight or thirty years. I can never be totally healthy even if I just got a good checkup at Mayo Clinic. I can never be what I ought to be until you are what you ought to be. This is the way our world is made. No individual or nation can stand out boasting of being independent. We are interdependent."

Rev. Dr. Martin Luther King, Jr.

"WHAT IF I WERE YOU AND YOU WERE ME"