



**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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February 13, 2021  
**Women's Bible Study Fellowship**

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

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### **Session III. Part 2: "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**

*The story of Cain and Abel: Genesis 4:1-9*

- Cain's questioning God only represents his dishonesty and disrespect.
- This term "Am I my brother's keeper?" today has nothing to do with the way it was used by Cain. Cain was being cynical, arrogant, pessimistic and sarcastic.
- Today this term means that we are to look out for our brother/sister. Galatians 6:2
- We should not only sympathize (acknowledge someone's anguish or pain), but also empathize with each other. It means placing yourself in that person's situation ("walk in someone else's shoes")
- We are to be sensitive and supportive especially during our sister's weaknesses, grievances and trials.  
"We All Matter"
- Everything about us matters to God, God cares about our day-to-day routine and our God understands our needs.
- We must know for ourselves that we are valuable.
- A sure way for you to lift yourself up is for you to lift some other sister up.

#### **•Review of Session II, Part I-"What If I Were You and You Were Me? "Hebrews 13:1-3**

- 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 feeling their heart and seeing with their eyes.
- 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 the 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)

"If you judge people, you have no time to love them"-Mother Teresa

#### **III."I Am My Sister's Keeper in Word and Deed "-Part I**

- "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
- We represent Christ at all times-wherever you go, whatever you do or whatever you say.

## Part I-"What I Say to My Sister Matters"

Death and life are in the power of the tongue and those who love it, will eat its fruits. Proverbs 18:21

- Each word that we use can have a colossal impact on someone's life.
  - Words can build up or tear down. They can motivate or discourage.
  - Choose the words you speak carefully because they have the potential of accomplishing nearly anything or destroying nearly anything.
  - Before you speak, remember that words are like fire-you can neither control nor reverse the damage they can do. James 3:2-12
1. Husbands have stabbed their wives with words that are as sharp as daggers.
  2. Wives have lashed out with tongues that slice and dice.
  3. Parents have devastated their children by repeated blasts of venom.
  4. And children have exploded at their parents with words that have leveled the entire family like a bomb.
- Words can break our hearts. Words can break our spirits. Broken bones can heal with time, but a broken spirit caused by words of death, isn't easily repaired.
  - Psychological pain is much more severe and lasting than physical pain.
  - When we speak words of encouragement to our sister, we convey respect, gentleness and humility.
  - One positive and encouraging comment can be just enough to make a difference in your sister's life.
  - "Gracious words are like a honeycomb, sweetness to the soul and health to the body. Proverbs 16:24

## IV. Session III, Part II-"I Am My Sister's Keeper in Word and Deed"

- Everyone needs a little help sometime. No one is meant to go through life alone. If God has blessed you, it is so important to share. You are blessed to be a blessing!

### Your Faith and Your Deeds

"Dear friends, do you think you'll get anywhere in this if you learn all the right words, but never do anything? Does merely talking about faith indicate that a person really has it? For instance, you come upon an old friend dressed in rags and half-starved and say, "Good morning, friend. Be filled with the Holy Spirit! "And walk off without providing so much as a coat or a cup of soup-where does that get you? Isn't it obvious that God-talk without God-acts is outrageous nonsense? James 2:14-17 (Message Bible)

- James moves into a discussion about the relationship between faith and deeds. The illustration that he selects to distinguish between living faith and dead faith hinges on the way believers care for the physical needs of others, loving them as we wish to be loved in the same situation, is one of the most important ways faith works to show itself to be true. James 2:18-26
- Good intentions only go so far. To truly help others, you have to take action in some way.
- When God gives you extra blessings-whether its food, clothing, money or something else-the right thing to do is to share those blessings however you can. Luke 3:11

## V. "What Are You Waiting For?"

- It isn't always easy to be charitable. Sometimes, you'd rather keep your resources (money, time, or energy) to yourself. We should remain open hearted, even when it can be difficult.
- It's ok to consider what's best for you and your family, but you should also keep in mind what will be most beneficial for others.
- "Each of you should look not only to your own interests, but also to the interest of others." Philippians 2:4

- Delaying to do well is inconsiderable and unfair, whether it is repaying a loan, fulfilling a promise or meeting a need. Withholding destroys trusts and creates a great inconvenience. Be as eager to do good as you are to have done good to you.

### **There Is A Reward**

- Knowing that you have been able to help someone is its own reward.

"One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous man will prosper; he who refreshes others will himself be refreshed. "Proverbs 11:24-25

- These two verses present a paradox, that we become richer by being generous. The world says hold on to as much as possible, but God blesses those who give freely of their possessions, time, and energy. When we give, God supplies us with more so that we can give more. In addition, giving helps us gain a right perspective on our possessions. We realize they were never really ours to begin with, but they were given to us by God to be used to help others.
- We gain freedom from enslavement to our possessions, the joy of helping others, and God's approval.

### **Don't Delay in Helping Your Sister!**

"The time is always right to do what is right."-Dr.Martin Luther King, Jr.

**Last session for the Winter Series: "Number One Keeper", March 13, 2021**