



Practically Speaking, How Do We Love Our Enemies?

Matthew 5:39: (NASB) *But I say to you, do not resist an evil person; but whoever slaps you on your right cheek, turn the other to him also.*



Enemies. For some of us, naming them is easy - we can put a name and a face to them and recite the reasons we have to consider them enemies. For others, the idea of an enemy may be more related to a general group who may have a different ideology or political perspective. Whatever makes someone your enemy, the question remains, how do you treat them? Jesus says to love our enemies, but is that really a practical statement? Doesn't loving an enemy overlook and minimize the very reasons they may justifiably be our enemies? Stay with us!

We often think the "law of love", was biblically instituted by Jesus in the New Testament. Consider this:

First, behavior in the context of dealing with those who are not "with" you:
Exodus 23:1-9: (NASB) *¹You shall not bear a false report; do not join your hand with a wicked man to be a malicious witness. ²You shall not follow the masses in doing evil, nor shall you testify in a dispute so as to turn aside after a multitude in order to pervert justice.*

Second, behavior regarding the less fortunate:
³nor shall you be partial to a poor man in his dispute.

The Law should be applied equally whether you are rich or poor - proper justice.

Third, behavior related to the welfare of your enemy's property and welfare:

⁴If you meet your enemy's ox or his donkey wandering away, you shall surely return it to him. ⁵If you see the donkey of one who hates you lying helpless under its load, you shall refrain from leaving it to him, you shall surely release it with him.

Our natural instinct is to let our enemies suffer.

Fourth, behavior in legal matters regarding the less fortunate:
⁶You shall not pervert the justice due to your needy brother in his dispute.

Fifth, behavior in all things based in righteousness is an absolute must:
⁷Keep far from a false charge, and do not kill the innocent or the righteous, for I will not acquit the guilty.

Sixth, behavior when ill-gotten gain is set before you:
⁸You shall not take a bribe, for a bribe blinds the clear-sighted and subverts the cause of the just.

Seventh, behavior regarding those with whom you have no association or common ground:
⁹You shall not oppress a stranger, since you yourselves know the feelings of a stranger, for you also were strangers in the land of Egypt.

This is very compassionate, yet still very much founded in justice-based approach.



"A man with no enemies is a man with no character." – Paul Newman

Throughout our discussion we will be referring to the shooting death of Michael Brown in Ferguson, Missouri this past August. That incident - which is yet unresolved - has cast our society into the choosing of sides and the subsequent making of enemies. What *should* we think?

Introduction, *Everything about the shooting of Michael Brown, Complex News*

- *For Complex News, I'm Jinx. It's with regret that I report the fatal shooting of yet another unarmed black male in America by police. At around 2:15 PM on Saturday, August 9th, Michael Brown, an eighteen-year-old African American male, was shot and killed in the streets of Ferguson, Missouri, as he traveled to his grandmother's house. The New York Times reported that, according to local police who are still investigating the matter, an officer on patrol drove towards Michael Brown and another individual in his police vehicle. The officer stopped his car and attempted to exit and approach the two individuals. Upon his attempt one of the men pushed the cop back into his vehicle and began physically assaulting him. According to Chief John Belmar, there was a struggle over the officer's firearm and one shot being fired inside of the patrol car. It's still unclear if Brown was the man accused of the physical assault or not. Following the scuffle and initial shot both the cop and the alleged assaulting individual left the car. Michael Brown was shot at approximately 35 feet from the vehicle. St. Louis county police are promising an ongoing and lengthy investigation to determine why the incident occurred, further details about the scuffle for the firearm, and whether the shooting was justified or not.*



How does Jesus teach us to act when we are being abused by our enemies?

Jesus built on Moses, Robert Thurman, Love Your Enemy

- *In particular in the Asian psychologies in general and actually the ancient Christian Manasic psychologies do have a strong theory and a strong practice really of overcoming bitterness, hatred, resentment, vengefulness, and so forth. Carrying a little further from Moses is this already restraining idea of an eye for an eye a tooth for a tooth; in other words you don't take a leg or a life for an eye or a life for a tooth - just another tooth, which was already a step forward from the old vengence idea of tribal attitude. And Jesus' and Buddha's greater idea of to really love your enemies and how to impact that in a modern setting.*

Here is what Jesus teaches us to do when we are being treated badly:

Matthew 5:38-39: (NASB) ³⁸You have heard that it was said, An eye for an eye, and a tooth for a tooth. ³⁹But I say to you, do not resist an evil person; but whoever slaps you on your right cheek, turn the other to him also.

Does this mean we just let evil run roughshod over us? Are we doormats?



(Source: Jamieson, Fausset, and Brown) Our Lord's own meek, yet dignified bearing, when smitten rudely on the cheek (#Joh 18:22,23), and not literally presenting the other, is the best comment on these words. It is the preparedness after one indignity, not to invite but to submit meekly to another, without retaliation, which this strong language is meant to convey.

John 18:22-23: (NASB) ²²When he had said this, one of the officers standing nearby struck Jesus, saying, is that the way you answer the high priest? ²³Jesus answered him, if I have spoken wrongly, testify of the wrong; but if rightly, why do you strike me?

Jesus did not literally offer the other cheek. He responded and challenged what just happened. But he did not lash out with emotion. He stood his ground in truth and not retaliation.

Proverbs 20:22: (NASB) Do not say, I will repay evil; Wait for the LORD, and He will save you.

First lesson: Endure abuse - stand for and speak for what is right but do not retaliate in like manner! Rise ABOVE your right under the Law of the Old Testament!

Matthew 5:40: (NASB) If anyone wants to sue you and take your shirt, let him have your coat also.

(Source: Bible commentary by John Gill) "will contend with thee," or as the Syriac renders it, Kme Nwdnd, "will strive," or "litigate with thee"; not contest the matter, or try the cause in an open court of judicature, a sense our version inclines to; but will wrangle and quarrel in a private way, in order to take away thy coat by force and violence, let him have thy cloak also; do not forbid, or hinder him from taking it.

Luke 6:29: (NASB) ...and whoever takes away your coat, do not withhold your shirt from him either.

1 Corinthians 6:7: (NASB) ⁷Actually, then, it is already a defeat for you, that you have lawsuits with one another. Why not rather be wronged? Why not rather be defrauded?

Second lesson: Don't enter into the personal, petty wrangling of life - even if it costs you, live above it!

Matthew 5:41: (NASB) Whoever **forces** <29> you to go one mile, go with him two. (Forces is really a bad translation)

Forces: Strongs #29 *aggareuw aggareuo ang-ar-yew'-o*
to impress into public service, to employ a courier, dispatch a mounted messenger;
hence to compel to perform a service

Matthew 27:32: As they were coming out, they found a man of Cyrene named Simon, whom they **pressed into service** <29> to bear his cross.

Third lesson: Even when inconvenient, serve in a way beyond expectations!

Matthew 5:42: (NASB) Give to him who asks of you, and do not turn away from him who wants to borrow from you.

(Source: Bible commentary by C.T. Russell) Not that we should lend to anybody who asks for a loan of money or goods, but that we should not turn away from those in need.

Matthew 25:35-36: (NASB) ³⁵For I was hungry, and you gave me something to eat; I was thirsty, and you gave me something to drink; I was a stranger, and you invited me in; ³⁶naked, and you clothed me; I was sick, and you visited me; I was in prison, and you came to me.



Fourth lesson: Have your eyes and heart open to those individuals who may be in need and respond!

What is Jesus teaching about our response to those who may be enemies? Endure abuse, don't be petty, serve with vigor and touch those in need!

Was Michael Brown a "bad kid" or was Darren Wilson a "bad cop"?

 **Why we don't want to love enemies, Robert Thurman, Love Your Enemy**

- *And people get nervous about it because they think if you love your enemies it means you're going to cave to them, you're going to be a martyr, you're going to invite them to come and destroy you, and just be a masochist and so forth, and that is not at all what it means. The reason someone is your enemy is that they think you're preventing their happiness. Somehow you have something they want, you're in their way, whatever it is, the world isn't big enough for the both of you type of attitude and so they're going to be your enemy because they are unhappy, and they think by getting rid of you they'll be happy. So, if they were happy already without messing with you, they might be wanting to leave you alone.*

What kind of kid was Michael Brown?

(Source: Wikipedia: Backgrounds)

Michael Brown, Jr. (May 20, 1996 - August 9, 2014) was the son of Lesley McSpadden and Michael Brown, Sr. Brown graduated from Normandy High School in St. Louis eight days before his death, completing an alternative education program. His teachers said he was "a student who loomed large and didn't cause trouble," referring to him as a "gentle giant." At the time of his death, he was 6' 4" (1.93 m) tall and weighed 292 lb (132 kg). He was an amateur rapper and posted tracks online under the name Big Mike. Brown had no criminal record.

Brown was to have started attending Vatterott College, a technical school, on August 11, with plans to become a heating and cooling engineer. A friend of Brown said that while everyone else wanted to be a basketball or football player, Brown had wanted to own his own business.

Christian love says - love your enemies!

Matthew 5:43-46: (KJV) *Ye have heard that it hath been said, Thou shalt **love <25>** thy neighbour, and hate thine enemy. ⁴⁴But I say unto you, **love <25>** your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; ⁴⁵That ye may be the children of your Father which is in heaven: for He maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. ⁴⁶For if ye **love <25>** them, which **love <25>** you, what reward have ye? Do not even the publicans the same?*

- To love an enemy dissolves any potential traces of vengeance.
- To bless and pray for those who hate and abuse you can only be truly accomplished based upon our striving for that selfless love towards them.
- Be like God - God is a good and just God to all as shown in the seasons.
- Even when you are being persecuted, God is still a good and just God.

"Always forgive your enemies; nothing annoys them so much." – Oscar Wilde

What kind of man is Darren Wilson?

(Source: Wikipedia: Backgrounds)



Darren Dean Wilson was born in Fort Worth, Texas, on May 14, 1986. He lives in Crestwood, Missouri, a city of 11,000 people about 18 miles (29 km) southwest of Ferguson, and was 28 years old at the time of the shooting.

Wilson first worked as a police officer in the police department of Jennings, Missouri, later disbanded. Wilson had no disciplinary history with the department. While 12 of the 40 officers in the Jennings force found jobs with the county police, Wilson ended up taking a job in Ferguson. He was described by a Jennings coworker as an "average officer" who "didn't get into any trouble." Former Jennings Police Chief Robert Orr told the Times that he hardly remembered Wilson and said "that must mean he never got in any trouble, because that's when they usually came to me." In February 2014, Wilson received a commendation for "extraordinary effort in the line of duty" from the City of Ferguson. The citation was related to an incident in which he struggled with and detained for arrest a driver that police said was preparing a large amount of marijuana for sale.

Are these backgrounds complete? They are probably not. Does it matter? No! Why? Because justice has not yet been served, so we therefore have no business judging the matter on incomplete information! The only thing that comes from incomplete information is we make enemies!



This next text is a **BIG** hint as to how to love our enemies:

Proverbs 14:29-30: (NASB) ²⁹He who is slow to anger has great understanding, but he who is quick-tempered exalts folly. ³⁰A tranquil heart is life to the body, but passion is rotteness to the bones.

Does vengeance play any role in loving our enemies?

Yes, as a matter of fact it does, but probably not in a way that we would think!

God's vengeance:

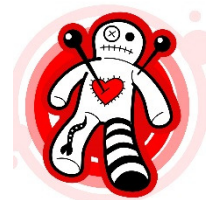
Nahum 1:2-3: (NASB) ²A jealous and avenging God is the LORD; The LORD is avenging and wrathful. The LORD takes vengeance on His adversaries, and He reserves wrath for His enemies.

What do we see in God's vengeance? Strong - just - complete...

³The LORD is slow to anger and great in power, and the LORD will by no means leave the guilty unpunished. In whirlwind and storm is His way, and clouds are the dust beneath His feet.

What else do we see in God's vengeance? Calculated, not passionate - powerful - all encompassing...

As Christians, do we ever get that "I can't wait 'til you get yours" attitude?



Sadly, even some of the best examples of Christianity have fallen into this pit:

Luke 9:51-56: (NASB) ⁵¹When the days were approaching for his ascension, he was determined to go to Jerusalem; ⁵²and he sent messengers on ahead of him, and they went and entered a village of the Samaritans to make arrangements for him. ⁵³But they did not receive him, because he was traveling toward Jerusalem. ⁵⁴When his disciples James and John saw this, they said, Lord, do you want us to command fire to come down from heaven and consume them? ⁵⁵But he turned and rebuked them, and said, you do not know what kind of spirit you are of; ⁵⁶for the Son of Man did not come to destroy men's lives, but to save them. And they went on to another village.



Key point: Our idea of vengeance and God's application of vengeance are ENTIRELY different.



Put you down puts me up, *Jasmin Terrany, (Licensed Mental Health Care worker) Why We Judge Others*

- *We judge others often times because our love tank is empty, because we are not feeling good about ourselves. And often times when we put someone down it puts us up and we get this false sense of importance, or power, or "better than," and if you notice when you put someone down and you feel up there is like a sense of, "oh yeah, I'm better," but ultimately you're sitting with negativity; you're sitting with judgment. Just because you're better than them, you're still sitting with the need to be better than.*

Our perception becomes, "I can't be better unless they are worse."

**WHAT CAN CAUSE THE NEED
FOR JUSTICE TO BE SERVED?**

**THE COMMITTING OF ANY
WRONG AS DEFINED BY LAW**



In America, everybody "owns" justice, and that is a powerful equalizer. (Unfortunately it is not always applied properly, but that is the principle.) Contrarily, vengeance and revenge are personally owned - "I'll get my vengeance!"



WHAT IS THE DIFFERENCE BETWEEN THE TWO?

M REVENGE

Revenge is about "ME" - Justice is about that which is right!

Circumstances Emotions

Revenge is determined by **my emotions mixed with circumstances**
- Justice is determined by events in conjunction with the Law!



Revenge is **personally** orchestrated and served
- Justice is orchestrated and served through legal channels!

A few points to compare God's vengeance with our own:

- God's is for our ultimate good - ours is for our momentary satisfaction.
- God focuses us on the heavenly - ours is to focus on self-appeasement.
- God's is to teach a lasting lesson - ours is to lessen an emotional reaction.

Romans 12:17-19: (NASB) ¹⁷Never pay back evil for evil to anyone. Respect what is right in the sight of all men. ¹⁸If possible, so far as it depends on you, be at peace with all men. ¹⁹Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, Vengeance is Mine, I will repay, says the Lord.



Key Point: To love our enemies we **MUST** rely on God's standards and **NOT** our emotions or desire for vengeance!



How do the Apostles describe loving our enemies?

The Apostle Paul:

Romans 12:14-21: (NASB) ¹⁴Bless those who persecute you; bless and do not curse.

Regarding "enemies," there is a clear focus on action built upon exactly what Jesus taught - be a blessing!

¹⁵Rejoice with those who rejoice, and weep with those who weep. ¹⁶Be of the same mind toward one another; do not be haughty in mind, but associate with the lowly. Do not be wise in your own estimation.

Regarding all men and the body of Christ, we should enter into their experiences and find common ground through humility.

¹⁷Never pay back evil for evil to anyone. Respect what is right in the sight of all men. ¹⁸If possible, so far as it depends on you, be at peace with all men.

Regarding all men, do NOT engage in any form of retaliation; rather, respect righteousness and peace.

¹⁹Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, Vengeance is Mine, I will repay, says the Lord. ²⁰But if your enemy is hungry, feed him, and if he is thirsty, give him a drink; for in so doing you will heap burning coals on his head.

We do NOT own the right to vengeance - God does!

²¹Do not be overcome by evil, but overcome evil with good.



Martin Luther King example of love, Robert Thurman, Love Your Enemy

- So, "love your enemies" is actually practical advice. Martin Luther King, for example, when he went back the second time to that bridge in Birmingham, John Lewis says that he was advised by his friends: come on don't get into that. How are we going to love those guys - those cops who are sicking dogs, and hoses, and beating us, and jailing us, and torturing us and then Martin Luther King said: "no it's too bitter a burden to bear hatred and resentment." We do love them, of course, we oppose them and we are against them and we don't want them to behave like that, but we don't hate them. That's just a ridiculous waste of our energy. And in a way you can see that being an enemy who has hurt you has already hurt you. If you go around nursing hatred and vindictiveness and how to get back at them, you're hurting yourself.

"Now there is a final reason I think that Jesus says, "Love your enemies." It is this: that love has within it a redemptive power. And there is a power there that eventually transforms individuals. Just keep being friendly to that person. Just keep loving them, and they can't stand it too long. Oh, they react in many ways in the beginning. They react with guilt feelings, and sometimes they'll hate you a little more at that transition period, but just keep loving them. And by the power of your love they will break down under the load. That's love, you see. It is redemptive, and this is why Jesus says love. There's something about love that builds up and is creative. There is something about hate that tears down and is destructive. So, love your enemies." (from "Loving Your Enemies")

— Martin Luther King Jr., *A Knock at Midnight: Inspiration from the Great Sermons of Reverend Martin Luther King, Jr.*

It is hard to love our enemies! It is hard to love the sinner yet hate the sin. That person is a fellow human being for whom Jesus died.



The Apostle Peter:

1 Peter 2:18-25: (NASB) ¹⁸Servants, be submissive to your masters with all respect, not only to those who are good and gentle, but also to those who are unreasonable. ¹⁹For this finds favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unjustly. ²⁰For what credit is there if, when you sin and are harshly treated, you endure it with patience? But if when you do what is right and suffer for it you patiently endure it, this finds favor with God.

Stand for serving with dignity and respect, even if dignity and respect are not shown to you - why?

²¹For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in his steps, ²²who committed no sin, nor was any deceit found in his mouth; ²³and while being reviled, he did not revile in return; while suffering, he uttered no threats, but kept entrusting himself to Him who judges righteously;

...because that's what Jesus did!

²⁴and he himself bore our sins in his body on the cross, so that we might die to sin and live to righteousness; for by his wounds you were healed. ²⁵For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls.

By so doing, you will stand in Christ, like Christ and be blessed!

So, what does loving your enemies actually accomplish?

Proverbs 25:21-22: (NASB) ²¹If your enemy is hungry, give him food to eat; And if he is thirsty, give him water to drink; ²²For you will heap burning coals on his head, and the LORD will reward you.

(Source: Bible commentary by Alfred Barnes) #Leviticus 16:12 suggests an explanation. The high priest on the Day of Atonement was to take his censer, to fill it with "coals of fire," and then to put the incense thereon for a sweet-smelling savor.

Leviticus 16:12-13: (KJV) ¹²And he shall take a censer full of burning coals of fire from off the altar before the LORD, and his hands full of sweet incense beaten small, and bring it within the veil: ¹³And he shall put the incense upon the fire before the LORD, that the cloud of the incense may cover the mercy seat that is upon the testimony, that he die not:

So, perhaps those burning coals show us the sweet savor of the victory over evil that Jesus first produced for our example.

John 16:33: (NASB) *These things I have spoken to you, so that in me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.*

 **Remove the destructive vibration, Robert Thurman, Love Your Enemy**

- *But when you oppose that person what you can do is you can have tough love, you can have fierce compassion, and when they sense that you're doing it because you want their betterment because it's not good for them to be mean to you and so on, then actually it has a little different edge to it. For example if you're trying to get them to see reason, there's a better chance that they will listen to you when they don't feel the weight of hatred and destructive vibration towards them coming through the speech: what's in the style and energy in the speech. Your motivation will make it more successful.*



Key Point: Loving our enemies actually reveals to them a better way to live!



1 Peter 3:13-16: (NASB) ¹³Who is there to harm you if you prove zealous for what is good? ¹⁴But even if you should suffer for the sake of righteousness, you are blessed. And do not fear their intimidation, and do not be troubled, ¹⁵but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence; ¹⁶and keep a good conscience so that in the thing in which you are slandered, those who revile your good behavior in Christ will be put to shame.



Key Point: By standing in Christ, we can properly and humbly represent truth and right. By so standing, those who oppose such things can see the things they previously did not perceive.

"Enemies are people whose story you haven't heard, or whose face you haven't seen."

— Irene Butte

Most of us are acting out of pain.

The final element that helps us to truly love our enemies:

Matthew 7:1-5: (NASB) ¹Do not judge so that you will not be judged. ²For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you. ³Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye? ⁴Or how can you say to your brother, Let me take the speck out of your eye, and behold, the log is in your own eye? ⁵You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.



Key Point: Judge ONLY in a manner that you want to be judged in!

Finally:

Philippians 2:14-16: (NASB) ¹⁴Do all things without grumbling or disputing; ¹⁵so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world, ¹⁶holding fast the word of life, so that in the day of Christ I will have reason to glory because I did not run in vain nor toil in vain.

Loving your enemies is being a light to the world.

**So, practically speaking, how do we love our enemies?
For Jonathan and Rick and Christian Questions...
Think about it...!**



**And now even more to think about...
only in the Full Edition of CQ Rewind!**

"Save your skin from the corrosive acids from the mouths of toxic people. Someone who just helped you to speak evil about another person can later help another person to speak evil about you."

— Israelmore Ayivor

"It is a man's own mind, not his enemy or foe that lures him to evil ways." — Gautama Buddha

"How many of us have conflicts with someone else- and how many of us pray for that person? We have individuals with whom we are competitive, or whom we dislike or have a quarrel with; but very few of us have true enemies in the martial sense. And yet if Lincoln could pray fervently- and contemporary reports indicate he did- for the people who were opposing him, how much more can we do for someone we just find a little irritating?" — John Wooden, A Game Plan for Life: The Power of Mentoring



The following is an interesting text. As you read through verses 1-12, keep in mind that this is an Old Testament "Law" based approach. David is asking God to fight for him, he is asking God to make his enemies suffer consequences and hardship - how could this be related to loving our enemies?

Psalms 35:1-12: (NASB) *¹Contend, O LORD, with those who contend with me; Fight against those who fight against me. ²Take hold of buckler and shield and rise up for my help. ³Draw also the spear and the battle-axe to meet those who pursue me; Say to my soul, I am your salvation. ⁴Let those be ashamed and dishonored who seek my life; Let those be turned back and humiliated who devise evil against me. ⁵Let them be like chaff before the wind, with the angel of the LORD driving them on. ⁶Let their way be dark and slippery, with the angel of the LORD pursuing them. ⁷For without cause they hid their net for me; without cause they dug a pit for my soul. ⁸Let destruction come upon him unawares, and let the net, which he hid, catch himself; Into that very destruction let him fall. ⁹And my soul shall rejoice in the LORD; It shall exult in His salvation. ¹⁰All my bones will say, LORD, who is like You, who delivers the afflicted from him who is too strong for him, and the afflicted and the needy from him who robs him? ¹¹Malicious witnesses rise up; they ask me of things that I do not know. ¹²They repay me evil for good, to the bereavement of my soul.*

Again, how do we relate this to loving our enemies?

Psalms 35:13-14: (NASB) *¹³But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting, and my prayer kept returning to my bosom. ¹⁴I went about as though it were my friend or brother; I bowed down mourning, as one who sorrows for a mother.*

So, David loved his enemies all along - he reacted to their hardship, as he would have to the hardship of his own brother!

How did they treat him?

Psalms 35:15-16: (NASB) *¹⁵But at my stumbling they rejoiced and gathered themselves together; The smiters whom I did not know gathered together against me, they slandered me without ceasing. ¹⁶Like godless jesters at a feast, they gnashed at me with their teeth.*

So, David is asking GOD to deal with his enemies rather than he himself dealing with them!

Again the basic principle of God's vengeance prevailing rings true!

Treat all with the same measure of righteousness:

Proverbs 20:10: (KJV) *Differing weights and differing measures, both of them are abominable to the LORD.*

Proverbs 22:22: (KJV) *Do not rob the poor because he is poor, Or crush the afflicted at the gate.*

Jeremiah 22:3: (KJV) *Thus says the LORD, "Do justice and righteousness, and deliver the one who has been robbed from the power of his oppressor. Also do not mistreat or do violence to the stranger, the orphan, or the widow; and do not shed innocent blood in this place.*