

The Heart of the Matter

12. How would you assess the way you handle anger? What would you like to do differently with your anger?

13. Where might God be looking on your life with favor? With disfavor?

14. Cain is promised frustration at work and restlessness in life because of his rebellion. How are you experiencing either of these in your life just now?

15. Are you your “brother’s keeper”? How so? What kind of “keeping” do you need to do? Who do you need to reach out to this week?

Praises and Prayer Requests:



Life Group Study Guide

EVERY THOUGHT CAPTIVE Getting a Grip on Anger Genesis 4:1-16 For the Week of March 22, 2020

Getting Started

1. What insight, principle, or observation from this weekend’s message did you find to be the most helpful, eye-opening, or troubling?
2. Who did you want to be like as you were growing up? Why this person?
3. What are some of your pet peeves that people do? What do you do to keep cool when people get on your nerves?

Digging Deeper

4. How would you describe the happy circumstances that Adam and Eve find themselves in from verses 1-4?

5. In verses 4-5, as both Cain and Abel made sacrifices, why did God receive Abel's sacrifice but not Cain's? (Leviticus 4-6; 17:11; Hebrew 9:22)

6. In verse 5 Cain becomes angry with Abel. When God tells Cain "to do what is right/ if you do well" in verse 7, what does this tell us about man's responsibility over anger? The power of anger? God's way of soothing anger?

7. What are the implications of God's warning to Cain in verse 7? What does it mean to "rule" over sin? What is the end result of Cain's uncontrolled anger in verse 8?

8. After the murder of Abel, why do you think God approaches Cain the way he does? Why not directly accuse Cain? Why delay punishment? In what way was Cain really his "brother's keeper?"

9. In verses 10-12, why was Cain punished the way he was? Would honesty with God have reduced his punishment? Why or why not?

10. From this passage would you say that Cain repented of his sin? How does his confession in verses 13-14 and the Lord's response in verses 15-16 shed light on this?

11. Why did God choose to protect Cain? Why was God wise in how he handled Cain in his rebellion?