

The Heart of the Matter

12. Have you ever been brought to the point of great anger and rage because of someone else's actions?

13. With whom are you experiencing feelings of jealousy right now? Have you become bitter and angry with them? Inwardly or outwardly or both?

14. God said "if you do what is right" you will "be lifted up." What "right" thing do you need to do right now to end your anger and bitterness with the person you are in conflict with?

15. How can God help you with what you are dealing with right now? (James 4:1-12)

Praises and Prayer Requests:



Life Group Study Guide

Overcoming Anger and Bitterness Genesis 4:1-16 For the Week of February 6, 2022

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. Did you look up to anyone when you were a child, and if so, who was it and why?
3. What was the most interesting or special homemade gift you ever received?

Digging Deeper

4. What command of God was Adam and Eve obeying when they began to have children? (Genesis 1:28) Who did Eve recognize as the giver of these new lives? (Psalm 127:3)

5. Where would Cain and Abel have learned to worship God with an animal sacrifice? (Genesis 3:21)

6. According to Genesis 4:3-5, what seems to be the major difference between Cain's sacrifice and Abel's? Why would God receive one and not the other? (Hebrews 9:22; 11:4)

7. When God tells Cain to "do what is right" in verse 7, what does this tell you about man's source of anger? The strength of anger? God's way of soothing anger?

8. So what does God want from us that is more valuable to Him than sacrifices? (I Samuel 15:22; Isaiah 1:11-13; Hosea 6:6; Micah 6:6-8; Mark 12:28-34)

9. Why was Cain so angry that his sacrifice was rejected? Why didn't he go and make the right sacrifice with an attitude of repentance and faith? (Psalm 51:16-17; Jude 11)

10. After the murder of Abel, why do you think God approaches Cain as He does? Why not accuse him directly? Why delay punishment?

11. What two curses did God put on Cain that took his home and livelihood from him? How and why did God protect Cain?