

The Heart of the Matter

12. What spiritual heritage are you leaving for your descendants?

13. What will those who come after you think of God and Jesus Christ as a result of your life?

14. Are you calling on the name of the Lord right now in your life? What do you need to do to call on the name of the Lord today?

15. Who do you need to forgive and restore in your life today? How can God help you with this?

Praises and Prayer Requests:



Life Group Study Guide

Overcoming Anger and Bitterness Part 2 Genesis 4:16-26 For the Week of February 13, 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. In what ways are you like your parents? Good or bad?
3. Of Lamech's sons in verses 20-21, which one do you identify with the most: Jabal who was a migrant farmer, Jubal who was a musician or Tubal-Cain who liked to work with metal?

Digging Deeper

4. Even though Cain built himself a city, was he able to find peace at last? (V15) What does the name of the land he settled in mean?

5. In Genesis 4:16 who was the first bigamist? What was God's design for marriage from the beginning? (Genesis 2:21-25; Mark 10:5-8)

6. It seems every multiple marriage documented in Scripture is full of conflict and turns into a big mess (Lamech, Jacob, Elihu, etc.). Why do you think multiple marriages always cause so much conflict?

7. List the various occupations of the people in verses 20-22. Is there anything inherently wrong with any of these professions?

8. What seems to be the essence of the conflict described in verses 23-24?

9. What is Lamech trying to accomplish with what he says in verse 24?

10. Cain has corrupted himself through becoming a murderer and Abel is dead. How does God preserve the seed line of a promised redeemer from Genesis 3:15? (V25)

11. What does it mean that men began to call on the name of the Lord in verse 26? (Joel 2:32; Acts 2:21; II Samuel 22:4; Psalm 86:5; 105:1-6; Jeremiah 33:3)