**“UNCONTROLLED ANGER”**

**Genesis 4:1-16**

***Sermon Review***

*What was the Main Point of the Sermon from Sunday?*

*What part of the Sermon did you find to be the most beneficial?*

***SMALL GROUP LESSON***

1. What do you think is the most powerful emotion and why?
2. How did you and your siblings get along when you were young? (Think of neighborhood kids if you didn’t have any siblings.)

**Genesis 4:1–16 (NLT)**

1Now Adam had sexual relations with his wife, Eve, and she became pregnant. When she gave birth to Cain, she said, “With the Lord’s help, I have produced a man!” 2Later she gave birth to his brother and named him Abel. When they grew up, Abel became a shepherd, while Cain cultivated the ground. 3When it was time for the harvest, Cain presented some of his crops as a gift to the Lord. 4Abel also brought a gift—the best portions of the firstborn lambs from his flock. The Lord accepted Abel and his gift, 5but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected. 6“Why are you so angry?” the Lord asked Cain. “Why do you look so dejected? 7You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.” 8One day Cain suggested to his brother, “Let’s go out into the fields.” And while they were in the field, Cain attacked his brother, Abel, and killed him. 9Afterward the Lord asked Cain, “Where is your brother? Where is Abel?” “I don’t know,” Cain responded. “Am I my brother’s guardian?” 10But the Lord said, “What have you done? Listen! Your brother’s blood cries out to me from the ground! 11Now you are cursed and banished from the ground, which has swallowed your brother’s blood. 12No longer will the ground yield good crops for you, no matter how hard you work! From now on you will be a homeless wanderer on the earth.” 13Cain replied to the Lord, “My punishment is too great for me to bear! 14You have banished me from the land and from your presence; you have made me a homeless wanderer. Anyone who finds me will kill me!” 15The Lord replied, “No, for I will give a sevenfold punishment to anyone who kills you.” Then the Lord put a mark on Cain to warn anyone who might try to kill him. 16So Cain left the Lord’s presence and settled in the land of Nod, east of Eden.

***EXPLORE***

1. How did the author describe Cain and Abel? (4:2)
2. What did Cain and Abel offer to the Lord? (4:3–4)
3. How did the Lord react to Cain’s and Abel’s offerings? (4:4–5)
4. What did the Lord tell Cain he needed to do? (4:6–7)
5. What did Cain do? (4:8)
6. How did the Lord punish Cain for his sin? (4:10–16)

***APPLY***

1. Why is it common for people (not necessarily you) to get mad at someone else’s success?
2. Why are family relationships more intense than other relationships?
3. What was the real motivation behind Cain’s attitude and actions toward Abel?
4. How do you usually react when you have been accused of doing something wrong?
5. How is uncontrolled anger dangerous?
6. What makes all of us vulnerable to Cain’s kind of sin?
7. What lessons can we learn from Cain’s action and subsequent punishment?

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