

Cain – Anger’s First Appearance

Genesis 4:1-16

A Book of Origins and Beginnings

Text – Walking Through

- Anger Rises Where Reason Vacates
- Anger is Connected to Physical Displays of Countenance and Body Language
- God Reasons with an Angry Person
- Continuing in Anger is to
 - Ignore Reason
 - Take God’s Place
 - Let Sin Pounce

Takeaways

- Learn to Detect and See Your Anger Signs
- Return to Reason
- Be Careful How You Answer God When You’re Angry
- Don’t Leave the Presence of the Lord

Sunday Evening Discussion

Genesis 4:1-16

1. When is the first time you remember being angry?
2. Tell us more about that memory.
3. Is anger an action? Emotion? How would you classify it?
4. Read Genesis 4:1-16. What made Cain angry? Did he have a right to be angry? Was it a sin for Cain to be angry?
5. What would a reasonable response look like?
6. Why does Cain say the punishment is too great?
7. Would it be a sin to be angry at Cain if you were in this family?
8. Does Cain deserve to die? Why does God promise to take a sevenfold response against someone who carries out ‘justice’?
9. Why did Cain leave the presence of the Lord?
10. What could prevent *you* from remaining in the Lord’s presence?
11. How can we be aware of our anger?
12. Should we *never* be angry? Support your answer.
13. If you have become angry without reason, have you sinned? When has anger become sin?
14. If you are successful in being aware of your angry moments, practically speaking, how will you be able to hear God reasoning with you? (James 1:19-21)