Pastor Joshua Nordgren
August 2, 2009

Cain vs Abel

Genesis 4

Please use the space below to take notes on today's message:

Take It Homework

We encourage you to not only do these exercises on your own, but also with a group of friends, co-workers, neighbors, small group or family members.

- What types of conflicts have you experienced with people in your life?

- Have you ever had a significant conflict with a family member? What do you believe was at the root of that conflict?

Not much has changed since the days of Cain and Abel. Domestic violence is a tragic issue in our society. We are appalled by the thought that Cain killed his own brother over something so seemingly trivial, but it happens all the time today. In the words of the Lord, "Sin is crouching at your door and it desires to have you." (Genesis 4:7b)

- Why do you think family conflicts sometimes get so much more intense?

In Genesis 4:6 and 7, the Lord warns Cain that he needs to get a handle on his anger or it will result in sin. He even told Cain that if he did what was right, the very reason for his anger would disappear.

- Think again about your conflict with a family member. Can you remember God speaking to you about your attitude in the situation? Did you listen?

- Can your remember how God guided you to respond to the person you were in conflict with? Did you obey?

- Is there a family member in your life right now who has done or said things to you that have stirred anger in your heart? Ask God you open your heart to His guidance toward restoration rather than revenge.

- What is something specific that you can do in this relationship that would be a step toward harmony?