



Only Murders in the Bible Week 1 – Cain Kills Abel Discussion & Reflection Guide

Message & Scripture Discussion

- **Which of the three primary emotions (happy, sad, anger) is easiest for you to feel and express? Which is most difficult for you?**
- **What stood out to you from Sunday's service?** How did you sense God at work in you through the songs, the story video, the message, and being together with others as part of the church? (The message's main points and scripture are listed below if it helps you think back.)
- Eddie talked about how things can sneak into our blind spots when we miss the warning signs. He read 1 Corinthians 10:11, reminding us that the stories of the Bible are given in part as an example and warning to us. **What types of attitudes or behaviors sneak up on you? How do you know?**
- Read the account of Cain and Abel in Genesis 4:1-8. **What do you notice about God? What do you notice about Cain?**
- God asked Cain, "Why are you angry?" God invites Cain to dig below the surface to understand what's underneath his anger. **How do you check in on your own emotions?**
- Not all anger is sinful or evil. However, how you express your anger can be wrong, even if your anger is justified. Eddie pointed to Jesus' example as our guide. **How is Jesus' example of righteous anger different than how we often handle our anger?**
- Eddie shared, "Cain was angry because he compared himself to his brother." Think about some of the situations where you are angry. **Is there a comparison happening that is fueling your anger? How might God want you to refocus?**
- Eddie closed this message with some questions that are worth spending some time asking and answering. Use a paper or journal – or take some time to really dig into these questions at a deeper level.
 - **Why am I angry?**
 - **Have I assumed the reason for my anger is a who – when it's really a what?**
 - **Have I taken shortcuts with God and paid the price for it?**
 - **What requests do I need to make of God?**
- **Is there anything else from the message you want to explore more deeply this week?**

Message Main Points & Scripture

- Matthew 5:21 - "You have heard that it was said to the people long ago, 'Do not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment."

- 1 Corinthians 10:11 – “These things happened to them as examples for us. They were written down to warn us who live at the end of the age.”
- Genesis 4:2 – “When they grew up, Abel became a shepherd, while Cain cultivated the ground. When it was time for the harvest, Cain presented some of his crops as a gift to the LORD. Abel also brought a gift—the best portions of the firstborn lambs from his flock.”
- Genesis 4:5 – “God did not accept Cain and his gift. This made Cain very angry, and he looked dejected.”
- **Emojis** - our primary emotions are: 😊 😞 😡
- Genesis 4:6 - “Why are you so angry?” the LORD asked Cain. “Why do you look so dejected? You 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.”
- Genesis 4:8 – “One 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.”
- **two kinds of feelings**
- **not all anger is sinful or evil**
- Ephesians 4:26 – “In your anger, do not sin.”
- **Cain was angry because he compared himself to his brother.**
- **“Why am I angry?”**
- **“Have I assumed the reason for my anger is a who – when it’s really a what?”**
- **“Have I taken shortcuts with God and paid the price for it?”**
- **“What requests do I need to make of God?”**
- Philippians 4:19 – “And this same God who takes care of me will supply ALL YOUR NEEDS from his glorious riches, which have been given to us in Christ Jesus.”

We hope you’ll use this guide to take the teaching from Sunday’s service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take your next spiritual step, contact us at info@wschurch.org.

Write It Down – Do you want to grow in your ability to experience God at work in your life? The habit of writing down notes through journaling is a great way to slow down and keep track of what you’re learning and observing. We created a simple journal with examples of ways to take notes (Sunday worship notes, daily reflection, prayer requests, and more). Learn more about this and other resources at wschurch.org/resources.