Ruling Sin From a Godward Heart

Genesis 4:1-7
Small Group Questions
WEEK OF OCTOBER 11-17, 2026

(1) Read Genesis 4:1-17, 25-5:3. What clues do we have that most of the story of Cain and Abel takes place quite some time after the Fall in Genesis 3?

(2) Of all the events that happened during this crucial time in human history, why do you think God caused this particular event to be written down for us?

(3) Our Text in focus is Genesis 4:1-7. If you were to summarize the point of what God wants us to walk away from this passage with, what would it be?

(4) What can we glean from the fact that the first sons mentioned in Scripture both bring offerings to the Lord? How would they know to do this?

   (a) What is significant about that as instruction for parents today?

   (b) What are tangible, rubber-meets-the-road ways to apply this in light of Deuteronomy 6:4-7 and Ephesians 6:4

(5) Why does the Lord not accept Cain's offering? What are some possibilities, and what can we know for sure?

(6) What do we learn about the kind of worship that pleases God from these passages? Observe and apply along the way.

   John 4:19-26 | Hebrews 12:25-29 | Exodus 40:1-2, 16, 29, 32-35 | Leviticus 10:1-3 | 2 Samuel 6:1-6

(7) How does Cain find himself facing the decision whether to follow his emotions or to lead his emotions in vv 5-7?

(8) How is God's counsel to the angry and depressed Cain as fresh for us now as it was for Cain then?

(9) In the sermon, what were meant by the Puritan terms *mortification* and *vivification*?

   (a) Why is each insufficient without the other?

   (b) How come it is impossible to "try harder" in mortification and vivification? Why are Christ and the New Birth absolutely vital?

   (c) How do these passages help us navigate the call to rule sin from a Godward heart?

      Romans 6:5-14 | Ephesians 4:17-24 | Romans 8:5-15 | 2 Corinthians 3:7-18