

# DEADLY SE7EN

## Week 6: Wrath

### Focus Scripture

Genesis 4:1-16

### Main Point

Cain didn't have a right relationship with the Lord; as such, wrath overtook Cain's heart and he sinned against both God and man.

### Introduction

*As your group time begins, use this section to introduce the topic of discussion.*

In your life, what is anger usually a sign of? Discontent? Not getting your way? Hurt pride? Jealousy? Explain.

What is the best advice you have been given on how to deal with anger?

Anger in and of itself isn't sin, but when it is unrighteous and uncontrolled, it quickly becomes sin and causes the angry person to sin further. Wrath, also known as "rage," is uncontrolled feelings of hatred and anger. Wrath, in its purest form, presents with self-destructiveness, violence, and hate. Feelings of anger can manifest in different ways, including impatience, revenge, and self-destructive behavior. Ultimately, wrath is sin because it defies God's command to love others as He loves us.

### Understanding

*Unpack the biblical text to discover what the Scripture says or means about a particular topic.*

#### **Have a volunteer read Genesis 4:1-7.**

**Contrast Cain's and Abel's relationships with the Lord. How did Cain and Abel prepare their offerings for the Lord? What was the content of their offerings?**

**Why was Cain's offering rejected by God? Why was Abel's offering pleasing to God? Read Hebrews 11:4 for additional insight.**

**What does Cain's response to God reveal about his attitude (v. 5)?**

**How did self-deception spiral out of control in Cain's life? What does this tell you about the dangers of sin?**

**God gave Cain a chance to confess his sin and repent, but his wrath boiled over instead. How do you typically react when someone holds you accountable for your sin?**



For weekly sermons and other resources, please visit [FBCLaurel.com/DeadlySeven](http://FBCLaurel.com/DeadlySeven)

**When God tells Cain to “do what is right” (v. 7), what does this tell you about man’s source of anger and anger’s strength? What does it also tell you about God’s way of soothing anger?**

### **Have a volunteer read Genesis 4:8-16.**

Tragically, Cain did not heed God’s admonition. Instead, he stubbornly refused to acknowledge his need to master sin. As a result of his refusal to deal rightly with his sin, his anger erupted in a violent demonstration of unrestrained, evil behavior, ending in murder.

**How does wrath affect the way we view others?**

**After the murder of Abel, why do you think God approaches Cain as He does? Why delay punishment?**

**How did God curse Cain for his actions? Which of the curses would you find most difficult to bear? Why?**

**Read verses 13-16 again. How do you see the balance between God’s justice and mercy evident in this story?**

**Read 1 John 1:7-9. How did Jesus’ shed blood satisfy God’s wrath for our sin?**

**How and why does the truth of God’s mercy and justice, displayed for you in the gospel, set you free from the shame and guilt of sin?**

## **Application**

*Help your group identify how the truths from the Scripture passage apply directly to their lives.*

**Read Ephesians 4:31-32. How do you go about getting rid of wrath?**

**What form does wrath most frequently take in your life? Is there anyone in your life whom you need to forgive right now? What is keeping you from forgiving them?**

**What can you do this week to focus on the grace and mercy God has shown you through the cross?**

## **Pray**

Pray for a rash spirit toward wrath that looks to get rid of it immediately. Thank God for His forgiveness and ask Christ to help you show forgiveness and grace instead of rage and wrath.