

Cain and Abel

Genesis 4:1-16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

God warns Cain before he does anything at all. What does that tell you about God?

2. What does it show me about people — and about me?

What makes you jealous of your brother, your sister, or your friend?

3. What will I obey this week?

The next time you get angry this week, what will you do instead of hitting back or saying something mean?

4. Who will I tell?

Who do you need to say sorry to?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

God, when I am angry, help me listen to you before I do something I cannot undo. Thank you that you still speak to me.

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