



Summer Study Discussion Guide #5

Sermon Title: Angry at God

Biblical Reference: Genesis 4:1-16

Date Preached: Sunday, July 10th, 2022 @ 11am

Summer Study Date: Wednesday, July 13th, 2022

Sermon Summary

Here is found the first recorded incident of anger in the Bible, it is foundational for how anger can be dealt with. We learned that anger is a healthy God given emotion that can work for the benefit of ourselves and others so long as it does not become distorted.

Cain gave an offering to the Lord of the fruit of the ground and the Lord rejected Cain's offering. This made Cain very angry at the Lord. Cain allowed his anger to become distorted and it caused him to kill his own brother.

Quick Review

Were you able to apply something you learned from the sermon this week?

My Story

Optional Ice Breaker:

Can you give us an example of unhealthy anger you have witnessed at work or school?

In this passage Cain was not the only one affected by his anger, Able lost his life as a result. Let's go around the room and share a time when the improper use of anger affected you in a negative way?

Alternative:

Can you give us an example of when anger was used in your life to bring about a good result?

Digging Deeper

1. Introduction

In the introduction of the sermon, we learned that anger is a healthy emotion given by God to us and it is a good thing if it is used in its proper context.

Eph 4:26- Be ye angry, and sin not: let not the sun go down upon your wrath:

The Bible gives us many examples of the Lord's anger One example is given of Jesus being angry and because of his anger he healed a man's arm.

Mark 3:5- And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other.

Discussion Questions:

- Why do most people look at anger as a negative thing?
- What are the negative consequences of teaching people all anger is bad?
- What is an example of how you can use anger in the way God intended it to be used?

2. Reasons for His Anger

Ask a volunteer to read: Genesis 4:3-5

3 And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD.

4 And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering:

5 But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.

When God rejected his offering, he worked so hard to produce He was angry, believing God was obligated to receive it after all he had done to grow it and give it.

Discussion Questions:

- Why did God not accept Cain's offering?
- What are some things you would hear listening to a person that is angry at God because he believes God owes him?
- How could we respond in a helpful way to a person that is angry at God believing he owes him something?

- If I get angry at God because I want something from him what would be a good thing to remind myself?
- In what area of your life are you tempted to be angry at God?
- Who should his anger have been directed to?
- How could he have used his anger in a good way?

3. The Results of His Anger

Ask a volunteer to read:

Genesis 4:6- And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen?

When Cain saw his offering was rejected it was plain to see the anger on his face. The Lord addressed his anger and tried to get Cain to think through it by asking him the question, “Why are you angry (wroth)?

Discussion Questions:

- Why is it important for us to be able to understand our anger?
- In verse six Cain avoided answering the question. Why do we have a temptation when we are angry to resist attempts help us not being honest and open? How can we overcome this?
- In verse six the Lord addresses Cains anger. Can you tell us of a time that someone addressed your anger or a time you addressed someone else’s leading to a stronger relationship?
- What are some of the methods the Lord used when addressing Cain’s anger and how can we follow that example in our lives?

Ask a volunteer to read:

Genesis 4:7- If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.

God was telling Cain what should be done about his anger. He brings the right offering, and he would be accepted. But if not, sin was waiting at the door to come in take over his life. Cain when was presented with the solution, he rejected it.

Discussion Questions:

- Why do we, like Cain, so often reject God's remedy for our anger?
- When Cain rejected the solution sin took over his life and it led to murder, and he became a fugitive and a vagabond. What are some of the consequences you have experienced for rejecting God's remedy for your anger?

Ask a volunteer to read: Genesis 4:13-14

13 And Cain said unto the LORD, My punishment is greater than I can bear.

14 Behold, thou hast driven me out this day from the face of the earth; and from thy face shall I be hid; and I shall be a fugitive and a vagabond in the earth; and it shall come to pass, that every one that findeth me shall slay me.

Cain said my punishment is greater than I can bear, yet he did not ask the Lord for help, he bore it on his own. He could still have repented but instead he blamed his situation on God. He did not have to bear the punishment for his own sins; the Lord made provision for his sin and he could still have brought a lamb as an offering to God.

Discussion Questions:

- How can anger play a part in isolating us from God and the community of faith?
- What long term consequences have you seen in Christian's lives from remaining angry instead of addressing the situation?
- Why do you believe Cain choose to go away from God instead of repenting and bringing the Lord an offering?
- How does anger cause us to choose the fugitive life (a life of avoidance) over facing and fixing things?

Taking It Home

The following questions are intended to be open-ended and encourage members to consider how they felt and what they can do because of hearing the message:

1. What point in this message was most impactful for you?
2. How did this message challenge, change, or affirm your thinking?
3. How will you put into practice what you've learned today?