

Sermon Notes

Week of Sunday, April 10, 2016

Sermon Series: The Origin of the Angry Whatever

Key Passage: Genesis 4:1-14 (ESV)

Pastor - Mark Saunders



The Origin of the Angry Whatever

1 Now Adam knew Eve his wife, and she conceived and bore Cain, saying, "I have gotten a man with the help of the Lord." 2 And again, she bore his brother Abel. Now Abel was a keeper of sheep, and Cain a worker of the ground. (Genesis 4:1-2 ESV)

What do Cain's mistakes teach us about handling anger?

A. Be careful in life to preempt anger causing events

3 In the course of time Cain brought to the Lord an offering of the fruit of the ground, 4 and Abel also brought of the firstborn of his flock and of their fat portions. And the Lord had regard for Abel and his offering, 5 but for Cain and his offering he had no regard. So Cain was very angry, and his face fell. (Genesis 4:3-5 ESV)

4 By faith Abel offered to God a more acceptable sacrifice than Cain, through which he was commended as righteous, God commending him by accepting his gifts. And through his faith, though he died, he still speaks. (Hebrews 11:4 ESV)

7 Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?"

8 He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? (Micah 6:7-8 ESV)

B. When anger arrives, keep things in their proper perspective

6 The Lord said to Cain, "Why are you angry, and why has your face fallen? (Genesis 4:6 ESV)

C. When anger boils, slow down and choose well

7 If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for you, but you must rule over it." (Genesis 4:7 ESV)

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D. When anger boils over, go to God the right way

8 Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him. 9 Then the Lord said to Cain, “Where is Abel your brother?” He said, “I do not know; am I my brother’s keeper?” (this is the angry whatever) 10 And the Lord said, “What have you done? The voice of your brother’s blood is crying to me from the ground. 11 And now you are cursed from the ground, which has opened its mouth to receive your brother’s blood from your hand. 12 When you work the ground, it shall no longer yield to you its strength. You shall be a fugitive and a wanderer on the earth.”

13 Cain said to the Lord, “My punishment is greater than I can bear. 14 Behold, you have driven me today away from the ground, and from your face I shall be hidden. I shall be a fugitive and a wanderer on the earth, and whoever finds me will kill me.” (he’s not sorry, just sad that He is getting punished. At least Cain realizes who is in charge here) (Genesis 4:8-14 ESV)

E. God always loves and never leaves, even when we blow it

15 Then the Lord said to him, “Not so! If anyone kills Cain, vengeance shall be taken on him sevenfold.” And the Lord put a mark on Cain, lest any who found him should attack him. 16 Then Cain went away from the presence of the Lord and settled in the land of Nod, east of Eden. (Genesis 4:15-16 ESV)

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Getting Started

1. Did anything stand out to you about Mark's sermon this weekend? Did you hear anything that you are applying to your life? If so, what?
2. Is there something that makes you really angry? How have you avoided getting angry with those situations in the past?
3. How have you chosen God over anger in the last month? How did you do that?

Read Genesis 4:1-15

Take note of anything that stands out to you, anything that confuses you, or anything that interests you.

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(Genesis 4:1-15, ESV)



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1. What, if anything, is significant about Cain and Abel's choice of career? Think of this in light of Genesis 3:13-19.
2. Why do you think that God 'had regard' for Abel's offering and not Cain's? What is Cain's response to God not finding regard for his offering?
3. How do verses 6-8 demonstrate our response to being found in sin?
4. What do the questions in verses 9-10 remind you of from Genesis 3? How does Cain's attitude change from his response in verse 9 to verses 13-14?
5. What is God saying in verse 15? Is He forgiving him or giving him a punishment that might lead to new life?

Becoming:

A great way to keep anger and resentment at bay is memorization of Scripture. Allowing the Word of God to come to mind in difficult situations will change the way that you approach those situations. This week, find 2-6 verses of Scripture to memorize and keep in your heart. Set it as the background of your phone screen. Write it on an index card and tape it somewhere that you look often. Read it out loud and continue to repeat it on your way to work or while getting ready in the morning. Take some time as a group to discuss the Scripture that you will memorize this week.

Suggested Scripture...Ephesians 4:26-29, James 1:19-20, Proverbs 19:11-13, or Colossians 3:5-11.