



Genesis: The Book That Started It All
Weekly Work | September 14

Open with prayer. Then, read Genesis 4:1-26.

Reflecting on Cain's Heart (Genesis 4:3-5)

- Why do you think God accepted Abel's offering but not Cain's? What does this suggest about the role of the heart in our actions and relationships?
- How have you noticed your attitude or motives affecting your relationships with others?

The Warning Against Sin (Genesis 4:6-7)

- God warns Cain that "sin is crouching at the door" and urges him to master it. How does this imagery of sin as a crouching predator resonate with you?
- Can you recall a time when you felt sin tempting you to act in a way that could harm a relationship? How did you respond?

Sin's Impact on Relationships (Genesis 4:8)

- Cain's anger led him to murder his brother Abel. How have you seen unchecked emotions like anger, jealousy, or resentment damage your relationships?
- What steps can you take to address these emotions before they lead to actions that hurt others?

Consequences of Sin (Genesis 4:9-12)

- When God asks Cain, "Where is your brother Abel?" Cain responds, "Am I my brother's keeper?" How does this response reflect the way sin distorts our sense of responsibility toward others?



- In what ways has sin caused you to withdraw from or neglect your responsibilities in relationships?

Sin's Ripple Effect (Genesis 4:10-12)

- God tells Cain that Abel's blood "cries out" from the ground, and Cain faces consequences that affect his relationship with the land and others. How have you seen the consequences of sin extend beyond the immediate act to affect others in your life?
- What does this teach you about the broader impact of your choices on your community or family?

End your time in prayer and this closing Scripture:

What stands out to you from your reflection?

As you finish, take a few moments to read Galatians 5:13-26. Once finished, take a few moments to prayerfully consider ways in which God may be calling you to keep in step with His Spirit and not gratify the desires of your own flesh. Take any thoughts or insights, challenges, or encouragements to Him in prayer.

Galatians 5:13-26:

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever[c] you want. 18 But if you are led by the Spirit, you are not under the law.



19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.