

# Blood Brothers

## A Study on Our Anger Genesis 4: The Story of Cain & Abel

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***“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.***

***<sup>21</sup> Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.”***

### ***James 1:19-21 (NIV)***

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We know the sheer power of anger & the devastation that anger can cause. Proverbs 29:22 says: *“An angry person stirs up conflict, and a hot-tempered person commits many sins.”*

Anger can lead us into arguments, violence, divorce, and so much more. Anger often times starts with something *small*, is left unaddressed, leads us down the wrong path, and causes deep devastation in our lives.

Are you on the right path as you deal with anger? The purpose of this study is to help clearly see any anger in our hearts, and address it in a way that honors God. Ask yourself...

**What power does anger have in your life today?**

Our prayer is that this study will be a blessing as you look inwardly at *any* anger in your heart, break free from the chains, and chase hard after the heart of God.



## A quick word on our anger

***Blood Brothers*** is a 3-part study focused on the overwhelming **power of our anger**. Cain's sinful heart led him to murder his brother Abel. It's no secret that our anger can lead us down terrible paths!

We'll be deep-diving into the story of Cain and Abel in Genesis 4. God gave Cain a warning:

*<sup>6</sup>The LORD said to Cain, "Why are you angry? Why is your face downcast? <sup>7</sup>If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it." - Genesis 4:6-7 (NIV)*

Anytime we're angry, the warning still stands true for us today: ***"sin is crouching at your door; it desires to have you, but you must rule over it."***

We're going to see what led Cain to murder his very own brother, and what we can learn from his terrible attitude that led to irreversible actions. Whether dealing with anger now or in the future, we hope this study will help us all to not only be more aware of the sin that is *crouching at the door*, but also how to deal with it in a God-honoring way.

*Shane Thacker - Inola Christian Church*



# Day 1: The Power of the Wrong Heart

## Sermon Notes:

Key Passages: James 1:19-21; Genesis 4:1-5

Today's Question: *Is there any anger in your heart?*

- 1) It's not wrong to \_\_\_\_ angry; it's wrong to \_\_\_\_\_ while angry.
- 2) Cain in Hebrew means " \_\_\_\_\_ " or " \_\_\_\_\_ ".
- 3) Never compare offerings: \_\_\_\_\_ kills \_\_\_\_\_ & \_\_\_\_\_ it with \_\_\_\_\_ !
- 4) The wrong \_\_\_\_\_ will lead to the wrong \_\_\_\_\_.

## Additional Notes:

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# Day 1: The Power of the Wrong Heart

## Questions for consideration:

Before beginning, read Genesis 4:1-16.

Take a few moments to pray that God would reveal any anger in your heart before going through the following questions.

What are some examples of righteous anger?

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Consider recent times that you became angry. How often would you say *your* anger is righteous? Explain why.

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How does comparison kill our joy?

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Can you think of an example of comparison happening in your life? What were the sins that took its place?

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# Day 1: The Power of the Wrong Heart

## Questions for consideration (cont'd):

How do you know if your motives are self-centered or God-centered?

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When it comes to your anger, what are you being led to do? Are there questionable motives in your life?

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Pray for God to reveal any root of anger in your heart this week!

Remember: It's not wrong to be angry; it's what you do about your anger that makes all the difference!

***“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”***

**- 2nd Corinthians 10:4-5**

## Your challenge for this week:

Take captive every (angry) thought & make it obedient to Christ!





## Day 2: The Power of Ignoring Temptation

### Sermon Notes:

Key Passages: Genesis 4:6-9

Today's question: *Where does unchecked anger lead us?*

- 1) Abel means " \_\_\_\_\_ " or " \_\_\_\_\_ " -  
something that is here now and gone in a moment.
- 2) Cain was angry: he had the \_\_\_\_\_ ,  
which led him to the \_\_\_\_\_ .
- 3) "Sin is crouching at your door" is a \_\_\_\_\_  
for us \_\_\_\_\_ .
- 4) When you \_\_\_\_\_ temptation, it will inevitably  
\_\_\_\_\_ .
- 5) When you give your \_\_\_\_\_ to God, it will  
inevitably \_\_\_\_\_ .

### Additional Notes:

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## Day 2: The Power of Ignoring Temptation

### Questions for consideration:

Pray that God would give you wisdom in this moment.

### Start by reading Ecclesiastes 7:8-9, then answer the following:

“The end of a matter is better than its beginning”. When it comes to anger: are you at the *beginning*, *end*, or *in-between*? How could seeing “the end” shape how you view your anger *today*?

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“Patience is better than pride”. How did Cain’s pride affect him? Write down a recent example of how this was true in your life.

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“Anger resides in the lap of fools.” (the ESV says “anger **lodges in the heart** of fools”) Do you have anger “lodged in your heart”?

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## Day 2: The Power of Ignoring Temptation

Read 1st Samuel 19. In what ways did King Saul the “sin crouching at your door”? What are other examples in the Bible of the **consequences** of “sin crouching at your door”?

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When have you ignored “sin crouching at your door”? What were the results? How did it impact your relationship with God?

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What could Cain have done that would’ve changed the course of this entire story? Does this apply to any situations in your life today? If so, use the space below to write out a prayer about it!

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## Day 2: The Power of Ignoring Temptation

Common roots of our anger can be *anxiety, fear, grief, pain, or frustration*. Of those, is there a common root for the *majority* of times you get angry, and why?

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Pray that God will give you the wisdom to *clearly see* the anger and temptation in your life. Pray that God will help you lay down your anger and pride, so that you can chase fully after Him. If you have been allowing temptation to stay in your heart, pray that the Holy Spirit would convict and lead you to repentance!

**Use this space for prayer or additional notes:**

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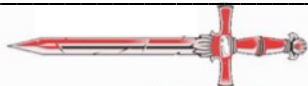
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# Day 3: The Power of Accountability & Grace

## Sermon Notes:

Key Passages: Genesis 4:10-16; 25

Today's question: *How does God hold us accountable?*

1) Seth in Hebrew:  $\text{שֵׁט}$  " \_\_\_\_\_ "

To "set" in place, as in, *substituted*. Some footnotes say Seth probably means "granted".

2) "Nod" means " \_\_\_\_\_ ".

3) Cain was \_\_\_\_\_ out, but God still \_\_\_\_\_.

4) We'll face \_\_\_\_\_ for our \_\_\_\_\_;  
but we'll \_\_\_\_\_ face them \_\_\_\_\_!

5) The \_\_\_\_\_ of our \_\_\_\_\_ pales in comparison to the \_\_\_\_\_ of His \_\_\_\_\_!

## Additional Notes:

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## Day 3: The Power of Accountability & Grace

### Questions for consideration:

**Start by reading our key passage once more: James 1:19-21.**

Spend some time in prayer to prepare your heart:

Pray that God would reveal any anger in your heart.

Pray that God would deliver you from evil.

Pray for someone you know that is dealing with anger.

Read Genesis 4:10-25. List the ways God provided for them all.

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Cain was cast out to the land of Nod, which means “wandering”. In what ways (if any) are you wandering in the faith today?

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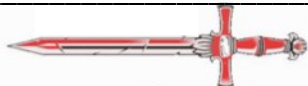
What were some consequences you’ve had to face (directly as a result of your anger)?

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## Day 3: The Power of Accountability & Grace

How has God shown up and provided for you (specifically when you thought you would be on your own)?

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Circle or underline the most relevant sentence for you today:

I am dealing with anger **now**.

I've been delivered from **past** anger.

I want God to be a shield about my anger in the **future**.

Write out a prayer asking for God's grace for the past, accountability for today, but also a heart of gratitude for any time that God has shown up and delivered you from evil.

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# Day 3: The Power of Accountability & Grace

Use this for space for additional notes:

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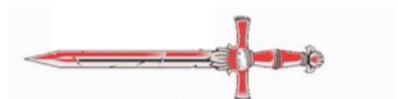
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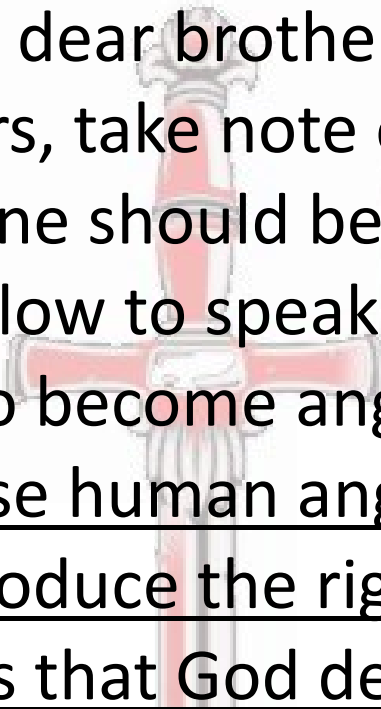
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Thanks for taking the time to study on how to remove any anger from your life! Be sure to check out the “Blood Brothers” Bible Reading Plan on YouVersion for further study on this topic!





“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

<sup>21</sup> Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.”

**James 1:19-21 (NIV)**