

# “There’s Always Hope”

Genesis 1-4 – April 30, 2017

## For Life Group & Personal Bible Study

This guide, based on Sunday’s sermon, provides additional study and reflection. It’s not meant to serve as a full bible study curriculum, exhaustive commentary, or complete Life Group itinerary but simply as a conversational resource for further study. Feel free to use these thoughts below as you enjoy your Life Group experience or personal time with the Lord.



- Who was the angriest person you knew growing up?
- Who was the most forgiving person you knew growing up?
- What situation seems to set off your angry feelings the quickest?

**2) Read Genesis 4:1-7. Do you think Cain was given a chance to do better “next time”?**

**3) What was Cain’s first sin and how did it progress to murder?**

**4) Can we really “rule over” our feelings or are we helplessly driven by them?  
Look up Colossians 3:8 & Ephesians 4:26-27 & 29-32**

**5) Based on Ephesians 4:26-27 and 29-32 discuss the following statements and test them to see if they are true or false.**

Anger is appropriate at certain times.....	Verse 26
Anger must be resolved or it becomes sinful.....	Verse 26
Anger can be curtailed.....	Verse 26
Anger, if handled inappropriately, can be used by Satan.....	Verse 27
Anger, if prolonged, gives ground to Satan.....	Verse 27
Anger can lead to corrupt, unwholesome and degrading talk.....	Verse 27
Anger can grieve the Holy Spirit.....	Verse 30
Anger can be eliminated.....	Verse 31
Anger becomes sin when it results in bitterness.....	Verse 31
Anger must be eradicated before it turns into rage.....	Verse 31
Anger must be forfeited before it leads to fighting.....	Verse 31
Anger must be stopped before it becomes slander.....	Verse 31
Anger must be mastered before it becomes malicious.....	Verse 31
Anger must be conquered through compassion.....	Verse 32
Anger can be broken through forgiveness.....	Verse 32

What is your attitude towards your family and others? Read Philippians 2:2-8