



Discussion Guide for “Cain”

Empathy for the Devil Week 1

What makes you angry? We seldom stop to think about the cause of our anger - particularly whether that cause is justified or not. But we learn from the story of Cain, the first murderer, that anger can be an invitation to slow down and find life before we lash out and do something we'll regret.

Scriptures for Further Reading

[Genesis 4:1-8](#)

[Proverbs 29:11](#)

[Matthew 5:21-24](#)

[Ephesians 4:26-31](#)

[James 1:19-20](#)

Passage for Sacred Reading:

A sacred reading is a method of reading Scripture that invites God to speak to us through the text. If you have never done a sacred reading, here is [a simple step-by-step guide](#). This week's passage is [Genesis 4:1-8](#).

Questions for Discussion

1. What makes you angry most often in day-to-day life?
2. Read Genesis 4:1-8. Why did Cain get angry? How is his anger similar to yours?
3. Anger is a “secondary emotion”. What does that mean?
4. Read Jesus' words in Matthew 5:21-24. Why does he say hatred is the same thing as murder? How do we see this reflected in Cain's story?
5. Read James' warning in James 1:19-20. How can you be quick to listen in your anger this week?