



## Reflection Questions

June 14, 2026

Repeating the Past

Genesis 5:1-6:4

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What might appear as a simple list of names and ages is actually a profound testimony to God's faithfulness, the reality of sin's curse, and the certainty of His redemptive plan. We also learn in this passage that even in the face of death, supernatural evil, and Satan's repeated attempts to corrupt God's plan, our hope remains secure in Christ.

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### Reflection Questions:

1. How does understanding Genesis as the foundation of Scripture change the way you interpret and apply other biblical passages in your daily life?
2. In what ways do you see Cain's warning about sin having its way with us still proving true in modern society and in your own personal struggles?
3. What does the contrast between Cain naming his city after Enoch and Seth naming his son Enosh meaning frail reveal about how we should view ourselves before God?
4. How does Enoch's faith and his being taken up without seeing death challenge or encourage your understanding of what it means to walk with God?
5. Why do you think God included the repetitive genealogy with the phrase and he died in Scripture, and what does this teach us about the reality of sin's consequences?
6. How does the decreasing lifespan trend in the genealogy illustrate the cumulative and compounding effects of sin over generations?
7. What does Satan's repeated attempts to corrupt God's plan through killing Abel and the Nephilim reveal about spiritual warfare and God's sovereignty?
8. How does recognizing the supernatural worldview of Scripture writers affect your understanding of spiritual realities and unseen forces at work today?
9. In what ways does Lamech's hope that Noah would bring relief from the curse mirror our own longing for Christ to bring ultimate relief from sin and suffering?
10. How can the truth that God's plan is immutable and cannot be thwarted by any force provide comfort when you face circumstances that feel out of control?