

# TOO MUCH OF A GOOD THING

## A JOURNEY THROUGH GENESIS

### Too Much of a Good Thing: Week 4

#### ▪Introduction (Read aloud before discussion)

We are made in the image of God but we are not God! The order is important. Fundamentally the temptation will be to make TOO MUCH of ourselves. Let's continue to look at Genesis and talk about "too much of a good thing".

#### ▪Sermon Discussion (Use as a guide for dialogue, let God lead, and read the verses aloud.)

1. Fasting is self-denial. How would you describe self-denial and how do you feel about it? What might be the purpose of it?
2. *Genesis 4:2-5*. Cain saw Abel blessed and lifted up, and then Cain became angry and depressed. Why is it sometimes difficult for us when other people really excel?
3. Jealousy, envy, anger, thoughts of violence, perfectionism, over performance, and arrogance are all signs that we may need a season of self-denial through fasting. Which symptom hits you the hardest and why might fasting help?
4. *Genesis 4:10-11*. Cain acted out his anger and subjected himself to a curse. As we have. *Read Galatians 3:13-14* and talk about what Jesus did concerning our curse.
5. *Genesis 4:13-15*. Cain knows that God's presence is the only thing that satisfies. Often fasting gets us in touch with that. If it is a season for you to fast, what are you planning on fasting?
6. Travis ended his message with a comment about modern day Christianity being Christian-ish! We take what we want and leave aside what we don't want. Do you agree? If so, how might that ultimately be a bad move?

#### ▪Ministry Time (Invite the Spirit of God to come. Say, "Come Holy Spirit.")

What from the sermon or from group discussion challenged or encouraged you? Spend time praying for each other about that and anything else that comes to mind.

**▪Spiritual Formation (This is a weekly practice as we seek to be with and like Jesus.)**

What are you thinking about fasting from during the time from March to Easter? How can you begin preparing now? What has your experience been with the one-day fast we have been doing? If you haven't done a fast, think about a good thing that you could fast from one day this week. When you practice the fast, be sure to replace the time you normally would with the good thing you're fasting from with time spent in prayer or reflection on what the Holy Spirit is teaching you by fasting.

**▪Daily Reading (Tune into the daily "Together On Mission" podcast, and let's start every day with Jesus.)**

**MON**

**Ruth 4:1-8 | Psalm 16**

**TUES**

**Ruth 4:9-10 | Psalm 17**

**WED**

**Ruth 4:13-16 | Psalm 18**

**THUR**

**Ruth 4:17-22 | Psalm 19**

**FRI**

**Luke 14:25-35 | Psalm 20**

**SAT**

**Catch up on daily reading or choose a passage, any passage, and enjoy!**