

# ORIGINS

## *Cain & Abel*

**From the first,  
personal sin had  
interpersonal  
consequence.**

### SERIES SUMMARY

The Bible contains some of the oldest stories ever told, condensed over many millennia into pure, concentrated truth. The origin stories in Genesis 1–11 still speak with power and relevance today.

In these ancient words, we'll find foundational truths revealed through the accounts of creation, the fall, Cain & Abel, the flood, and Babel. Truths about who God is, who we are, and how the world works.

Our origins aren't just ancient history—they're blueprints for a meaningful life, full of purpose and hope.

### ICEBREAKER

How many siblings do you have and how has your place in the order affected your personality?

### SCRIPTURE

#### **Genesis 4**

*Reading included in this week's teaching video.*



## LEARNING FROM HIS STORY

1. What are we demonstrating when we offer God less than our best?
2. Why do you think our relationship problems with God tend to show up in our relationships with others?
3. If it's true that hurting people hurt people, how does anyone ever break that cycle?

## EXAMINING OUR OWN STORY

4. Violence appears later in Cain's family tree (v23). What traits—good or bad—have you seen spread through friend or family groups?
5. If not outright murder, what kinds of sins most commonly break down relationships in our place & time?
6. What traits do you hope to overcome, in order to pay forward something even better than what you may have received?

## WRITING A NEW STORY

7. What are some healthy ways to clean a relational filter that has become polluted?
8. What are some steps we can take to stop comparing ourselves to others in unhealthy ways?
9. In what ways might this story burden us for children in our lives?

## TAKING TIME TO PRAY

Ask God for relational health and reconciliation, and to show us anywhere we need to make amends. Pray for our youngest generations.

