

Day 1**Read Genesis 4:1-5.**

1. What do you think caused Cain to bring a mediocre offering to God?
2. Read Matthew 6:19-21, Luke 9:24, and Romans 12:1. What type of offering is Jesus expecting us to make and for what end purpose?
3. What causes you to bring a half hearted effort to God's work?

Day 2**Read Genesis 4:3-6, Genesis 37:2-11, and John 21:20-22.**

1. What seems to be the root of jealousy in all these men?
2. What jealousies have fueled unhealthy behavior in you?

Day 3**Read Genesis 4:6-24 and Jude 1:11.**

1. From verses 6 and 7, what two commands did God give Cain?
2. What were all the consequences of Cain's choice to ignore God's commands?
3. What are some consequences you have suffered from ignoring the two commands God gave Cain?

Day 4**Read Psalm 1:1-2, 119:11, Matthew 26:41, 1 John 3:11-12, Ephesians 6:10-18, and Galatians 5:16-23.**

1. What does the Bible teach us about how to develop self-control?
2. In what ways is a lack of self-control showing up in your life?