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Life Group Questions / July 5, 2026

**The Things That Are Revealed**  
**7 – Sin is Crouching at Your Door**  
**Genesis 4:1-26**



Icebreaker: What's a "family trait"—for better or worse—that you've noticed showing up in you, maybe in a way that surprised you?

1. Sin is described as an animal crouching, waiting for a moment of vulnerability to strike. When do you find yourself most susceptible to sin catching you off guard?
2. Sin often comes dressed as relief, justice, or comfort. Why are our hearts so quick to receive something as good simply because it feels good, even when we know better?
3. God gave Cain one command: rule over it. But it's clear that we cannot defeat sin on our own strength. Why does it matter that ruling over sin is something Christ accomplishes in us, not something we achieve by sheer willpower?
4. There's a hard line between real repentance and "damage control." What does that contrast reveal about the difference between a heart genuinely changed by grace and one merely managing its own image?
5. David Atkinson said God's judgement is often simply leaving us to the judgement we've made of ourselves. What does that reveal about how seriously God takes even the sin we consider "manageable"?
6. Lamech took God's mercy toward Cain (the sevenfold protection) and twisted it into bragging rights for his own violence, and yet many of his family members accomplished great things. What does that tell us about human nature, that even our good accomplishments don't prove our hearts are good?
7. "What one generation quietly tolerates, the next generation practices, and the generation after that celebrates without shame." Given that none of us sins in isolation, where have you seen sin's compounding effects play out? On the other side, where have you seen God's mercy and grace break the cycle of generational sin?
8. Hebrews 12:24 says that the blood of Christ speaks a better word than the blood of Abel. The blood of Christ speaks mercy instead of accusation. How does seeing confession as not earning God's mercy, but simply receiving what Christ has already secured change your approach to it?
9. Since the mercy we've received was entirely God's initiative and not our achievement, what's one way you can rest in it, and call on him this week?

**Series: The Things That Are Revealed**  
**Message 8 - Sin Is Crouching At The Door**  
**Text: Genesis 4:1-26**  
**Jordan Coros**  
**Harvest Bible Chapel**  
**July 5, 2026**

**Because sin runs deep in my heart...**

**...crouching at my door (v. 1-7)**

Hebrews 11:4

1 Peter 5:8

**...driving me from God (v. 8-16)**

The way God's judgement works in our lives is very often to leave us to the judgement we have made of ourselves. If you live without God, you will live without God.

— David Atkinson, The Message of Genesis 1-11, The Bible Speaks Today

**...consuming everything it touches (v. 17-24)**

Matthew 5:45

Cain's family is a microcosm: its pattern of technical prowess and moral failure is that of humanity.

— Derek Kidner, Tyndale Old Testament Commentaries: Genesis

**I must...**

**...rule over it (v. 7)**

Romans 6:14

Romans 7:19

**...own what I've done (v. 9)**

1 John 1:9

Hebrews 12:24

**...call upon the name of the LORD (v. 25-26)**

Romans 10:13