

# Destiny

## SMALL GROUP STUDY | Mastering sin

The fall of man changed everything, and sin has plagued human beings ever since. For believers, Jesus has dealt the death blow to satan and sin, but sin still has power over us if we let it. This study draws on the example of Cain in Genesis 4, and aims to help us in our battle to 'master sin'.

### READ | What does the Bible say?

#### Read Genesis 4:1-16

### REFLECT | What does the Bible mean?

- Q1. a. Verse 8 tells us about Abel's murder. What though was the 'journey' that led up to this event? What led him to this point? Using the first 8 verses, try and glean all you can and imagine what various emotions Cain was experiencing and what went through his mind.  
b. With the previous question in mind, think about a time you have sinned against someone else. Were some of the same emotions / thoughts involved in that situation?
- Q2. a. Read verse 7 again. What language is used about sin and what can we learn from it about sin's nature?  
b. What reason do we have to be hopeful from this verse, in spite of sin's desire to destroy us?
- Q3. a. What keys do you think the Bible gives us to mastering sin?  
b. What do the following verses teach us about this:

Proverbs 4:23  
Matthew 6:9-13  
Romans 8:9-14  
Ephesians 6:10-18  
James 4:1-7  
James 5:16

(Feel free to pick one or two of these to focus on)

### RESPOND | What do I need to do now?

- In line with James 5:16, one of the best ways you can prevent habits of sin recurring in your life is to confess your struggles to a trusted believer who can pray for you. If you have a temptation or sin in your life that no one else knows about, you are in a very vulnerable position. Involve someone else.

(Small group leaders to encourage group members to share with one another – if possible facilitating this in a safe way as part of the small group gathering (pairs?). If not possible 'in situ', encourage group members to think of someone there and then who they will talk to this week.)

### Suggested memory verse(s):

**...sin is crouching at your door; it desires to have you, but you must rule over it. (Genesis 4:7 NIV)**