

THE YEAR OF THE BIBLE



## The Deliverance of the Heart

**Ice Breaker:** What does “Spring Break” mean at your house?

- • **Read Together:** Genesis 4:1-2 (NIV), Genesis 3:15 (NIV)

### **Recap:**

All of us are born with Sin DNA due to the choices Adam made.

Cain is the first child born under the curse of sin.

Now that people are born under sin, the human has a choice to follow God or not.

Adam and Eve could have been thinking these children born to them would get them back to Eden. What they see is the result of sin. Tantrums, selfishness etc.

- • **Read Together:** Genesis 4:3-7 (NIV)

### **Discuss:**

- Cain wasn't offended because God didn't accept his offering. The original Hebrew indicates that God had regard for both offerings. The issue was that God showed favor to Abel's offering. This is the original “That's not fair” of Humanity. He picked up a grudge against Abel.

- God meets with Cain and asks him why he is angry. He addresses the heart issue of jealousy and resentment right then and there. He WARNS Cain not to let that take root. God tells Cain that Sin is crouching at his door and implores him not to let it in. “Rule over it”.

- What are some examples where you have seen Jealousy take over toward other believers or people?
- What are some ways you have seen “It’s not fair” play out in the church or your home?
- Have you picked up any grudges?

- • **Read Together:** Genesis 4:8 (NIV), Matthew 24:10,12-13 (NKJV)

### **Discuss:**

- We see Cain make a decision to let anger rule his heart and he takes revenge on Abel. (Note: He kills Abel for an action that God did.)

- When you carry a grudge, you are always on a mission to settle a score. It may not even be with the person that the grudge is against. What are some ways that you take things out on the wrong person?

- We are born sinful, so the same thing that was in the heart of Cain is in your heart too. We all struggle with sin because that is Satan’s tool against us. As we go through the year of the Bible, make no mistake that the Enemy is going to try to derail you and distract you from what God is saying and doing for your good.

- The Bible tells us that many will be offended and take up offense in the last days. What are you offended about? What is distracting you from the greater work that God is doing? What might be keeping you from your calling?

- • **Read Together:** Genesis 4:9-12 (ESV)

- Cain gives God attitude! What is an example that you have witnessed or committed where someone has given God attitude?

- • **Read Together:** Matthew 7:1-3 (ESV)

- We tend to judge a place where we have experienced judgement or wounding. What is that for you?

- We see in Genesis 4, that Cain is reacting out of an offended heart. Where has your heart been offended?
- **Read Together:** Hebrews 12:14-15 (NIV), 2 John 1:8 (NIV), Ephesians 4:29-32 (NIV)
- God is giving us the opportunity and challenge to respond well to unfairness we experience.
  - Listen to the words of your mouth and tell God what you discover.
  - Is your heart bitter or is your heart free?
  - Are the words of your mouth critical, judgement and dismissive?
- Cain chose to see what wasn't instead of seeing what was.
- The sin of Cain, bitterness, malice, offense is crouching at your door. The Lord wants you to know it and choose to release it because He has good things for you.
  - What do you want to cultivate?
  - What do you want to sow into?
  - When is the last time you told your spouse all the things you are grateful for?
  - When is the last time that you told your child what you appreciate about them?

**Prayer:**

Father, deliver my heart from the spirit of Bitterness and from a spirit of judgement. Please remove the root of bitterness. I confess that at times I have torched the field that you gave me to reap a harvest in!  
 Please bring peace to my life and my mind.  
 Please condition my heart to be kind and compassionate to others.  
 Help me to forgive others in the same way you have forgiven me!

I recognize that I can only receive deliverance from the Holy Spirit. Please flood me with your spirit and heal the broken places that I have allowed to rule me. I need your help. Please bring me in to a place of freedom in the name of Jesus! Amen.