

“Cain’s Wipeout!”
Series: “Wipeout”
(Part 2 of 2)

Discussion Starter: Describe a “wipeout” moment from your life.

Explore: Read Philippians 3:12-21.

Paul wrote this letter to the Philippians from prison. His purpose was to thank the church for their generous gift sent after learning of his circumstances. He also wanted to encourage these believers to stand firm in order to avoid a wipeout.

1. Using the imagery of a track race, where does Paul picture himself in his own spiritual life (vs. 12)?
2. What did Paul say was the secret to “straining ahead” and “press on” in striving toward the heavenly calling God has in our lives (vs. 13-15)?
3. How can others help us attain the goal of becoming more like Christ (vs. 17-19)? How can our own desires detour us from the goal of becoming like Christ?
4. In what way(s) does our “citizenship” (we belong to God’s family) impact how we respond to a spiritual wipeout (vs. 20-21)?

Reflect: Review the LG and discuss the questions below.

1. Summarize the difference between the offerings Cain and Abel presented to the Lord. When it comes to giving do you believe God is more interested in our offerings or our attitudes? Explain.
2. Cain was warned by God regarding the sin “crouching” at his door. In what ways does God warn people of potential sin today?
3. Any time we wipeout spiritually there is a tendency to run and hide from God. Why do you think that is the case? Why is “hiding” such a bad idea for a follower of Christ?
4. Sin always comes with a steep price tag. Do you think honesty with God would have reduced Cain’s sentence?
5. God never gives up on us and extends His grace whenever we wipeout. What would you say to someone who may be struggling with post-wipeout regrets? How can we pray for you in this area?

Live: Take it home.

As a group: Sub-group into gender-friendly groups and answer the following question. Are you aware of any sin “crouching” at your door? What steps will you take this week to guard yourself against a wipeout?

On your own: Through Christ our sin is covered. If there is any un-confessed sin in your life, write it down and talk to God about it. Commit to walk straight from this day forward and receive His forgiveness today.

Listening Guide Notes

^[2b] “Now Abel kept flocks, and Cain worked the soil. ^[3] In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. ^[4] But Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, ^[5b] but on Cain and his offering he did not look with favor.”
–**Genesis 4:2b-5a (NIV)**

Life lessons from Cain’s wipeout...

1. Wipeouts can sneak up on us.

^[5b] “So Cain was very angry, and his face was downcast. ^[6] Then the LORD said to Cain, ‘Why are you angry? Why is your face downcast? ^[7] If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.’” –**Genesis 4:5b-7 (NIV)**

2. After we wipeout; we can’t hide from God.

^[8] “Now Cain said to his brother Abel, ‘Let’s go out to the field.’ And while they were in the field, Cain attacked his brother Abel and killed him. ^[9] Then the LORD said to Cain, ‘Where is your brother Abel?’ ‘I don’t know,’ he replied. ‘Am I my brother’s keeper?’ ^[10] The LORD said, ‘What have you done? Listen! Your brother’s blood cries out to me from the ground.’”
–**Genesis 4:8-10 (NIV)**

3. Wipeout and wander, or walk straight.

^[11] “Now you are under a curse and driven from the ground, which opened its mouth to receive your brother’s blood from your hand. ^[12] When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.”
–**Genesis 4:11-12 (NIV)**

^[10] “Listen, my son, accept what I say, and the years of your life will be many. ^[11] I guide you in the way of wisdom and lead you along straight paths. ^[12] When you walk, your steps will not be hampered; when you run, you will not stumble.”
–**Proverbs 4:10-12 (NIV)**

“to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.”
–**Hebrews 12:24 (NIV)**