



LIFE GROUP DISCUSSION GUIDE



MARCH 8, 2026

Dive In (10 Minutes)

Go around and let everyone share...

Share a time when you were completely unaware of something about yourself that was obvious to everyone else. How did you feel when you finally "saw" it?

Dig Deep (40 Minutes)

Read Genesis 4:1-16 aloud.

- What was the difference between the offerings of Cain and Abel?
- Why do you think Cain was so angry about his sacrifice being rejected? Was it about the sacrifice itself, or something deeper?
- God told Cain that if he does well, he will be accepted, but sin is "crouching at the door." Why is it so hard for us to listen to God's warnings when we are in the middle of a "mood" or a resentment?

Cain kills Abel and then gives the infamous line: *"I do not know; am I my brother's keeper?"*

- Arrogance often manifests as a refusal to take responsibility. How does Cain's response show that he was still "blind" to the gravity of what he has done?
- We often don't see what others see in us. If you were Abel in the moments leading up to verse 8, what might you have seen in Cain that Cain was ignoring?

Cain's punishment is wandering. Interestingly, his response isn't "I'm so sorry," but rather "My punishment is greater than I can bear."

- How does "blind arrogance" (thinking we are right or the victim) prevent us from actually changing our character?
- When we refuse to see what God sees, we often end up "wandering" spiritually. Have you ever felt like you were in a season of wandering because you were resisting a hard truth about yourself?



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Even after a murder and a mouthy attitude toward the Creator of the Universe, God does something unexpected in verse 15. He puts a mark on Cain to protect him.

- Cain didn't ask for forgiveness, yet God provided protection. How does this "mark of Cain" point us toward the Gospel?
- If we truly believe that God's grace covers our worst "blind spots," how does that make it easier (and safer) for us to admit when we are wrong?

Do Big (10 Minutes)

- This week, identify one person you trust (a spouse, a best friend, a mentor). Ask them: *"Is there a blind spot in my life right now—something I'm doing or an attitude I have—that I might be missing?"*
- Practice praying Psalm 139:23-24 this week: *"Search me, O God, and know my heart... See if there is any offensive way in me."*