



A Guide for Spiritual Formation

Text for the Week: Genesis 4:1-16

Message for the Week: Offerings

Sunday, May 28, 2023

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

What is the biggest feud you've had with one of your siblings?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [Genesis 4:1-16](#) out loud.

[Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

The story of Cain and Able is about offerings. How many different types of offerings can you find in these verses?

Why is Cain so angry in this story? Why is Cain's face downcast?

How is sin crouching at your door? How do you go about overcoming it?

What differentiates the sacrifices in this story?

What type of heart does Cain have in this story? What type of heart does Abel have? What type of heart does God have?

Try It:

Where do you need mercy, tenderness, and compassion in your life? What needs to happen for you to receive the mercy, tenderness, and compassion you desire?

Identify someone in your life that needs mercy, tenderness, and compassion. What needs to happen for you to extend mercy, tenderness, and compassion?

Prayer:

Spend time in prayer with/for the other people who are with you. Pray this prayer together:

Father, show me my heart. Reveal to me the desperate need for mercy and compassion. Deal with me tenderly and lead me in paths of righteousness for your name's sake. May I share with those I meet the very things you have lavished on me.
AMEN

Missional/Spiritual Practice: Hospitality

During the months of April and May, you are invited and encouraged to engage in the missional practice of [Hospitality](#). Hospitality is about creating welcoming space for the other. The practice of hospitality originated in the ancient world and was expected as travelers would seek shelter and food after traveling great distances. This practice is about living a life of hospitality. Henri Nouwen writes, "Hospitality is not to change people, but to offer them space where change can take place. It is not to bring men and women over to our side, but to offer freedom not disturbed by dividing lines."