

Welcome to Digging Deeper

We've launched this weekly blog series designed to help you engage more deeply with Sunday's message. Whether you're new to church or have been following Jesus for decades, these discussion questions are meant to help you reflect, apply, and talk through the truths we explore together each week. You can use them on your own, with your family, or in a group setting.

Let's dig into this week's message:

Why Are You So Angry?

[Genesis 4:1-16](#)

Pastor Scott George

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Introduction

In this week's message, Pastor Scott walked us through the story of Cain and Abel and God's piercing question: *"Why are you so angry?"* In [Genesis 4](#), we see anger unchecked turn into destruction. But we also see God's warning and invitation: sin may be crouching at the door, but it doesn't have to win. This week's questions are designed to help you reflect honestly, identify what's beneath your anger, and learn how to master it rather than be mastered by it.

Reflecting on the Passage

- In [Genesis 4:3-5](#), why do you think God looked with favor on Abel's offering but not Cain's? What might this reveal about the heart behind our actions?
- In [Genesis 4:6-7](#), God asks Cain why he is angry and warns him about sin "crouching at the door." What stands out to you about God's response to Cain?
- What does Cain's reaction in verse 8 reveal about what can happen when anger goes unchecked?
- In verses 9-16, how do we see both God's justice and His mercy on display?

Personal Application

- Can you identify a recent situation where anger influenced your words or actions? What was the “root cause” beneath it?
- How might practicing being “quick to listen, slow to speak” ([James 1:19](#)) change the way you handle conflict this week?
- What would it look like for you to do a daily “sunset check” and not carry unresolved anger into the next day?

Exploring Faith

- Benjamin Franklin said, “*Whatever is begun in anger ends in shame.*” How do you see this reflected in Cain’s story?
- Reflect on the quote: “*Anger is a wind which blows out the lamp of the mind.*” How does anger affect your clarity and decision-making?
- “*For every minute you remain angry, you give up sixty seconds of peace of mind.*” What does this reveal about the cost of holding onto anger?

Community Impact

- How might God be calling you to address unresolved anger in your relationships this week?
- How can you help create an environment in your home or community where people feel heard rather than attacked?
- Who in your life might need grace, patience, or a calm response from you right now?

Closing Thoughts

Anger itself isn’t the enemy... but unmanaged anger can quickly take us places we never intended to go. God’s words to Cain are just as relevant to us today: *you must rule over it*. This week, remember that overcoming anger is a daily battle. Stay connected to the Prince of Peace, slow down your reactions, and invite the Holy Spirit to guide your responses, moment by moment.

We hope these questions lead you into deeper conversations with God and with others. Join us again next week for more ways to dig deeper into God’s Word and grow in faith together.

Grace and peace,

The Belle Isle Community Church Team