

# The Spread of the Problem

*FCC Life Group Discussion Notes  
Based on the "Genesis" Series of Matthew Rogers  
Matthew Rogers Preaching  
05-03-26*

## Opening Prayer

- Pray for open hearts to recognize where sin may be taking root—in thoughts, attitudes, or comparisons—before it spreads into actions.
- Thank God for His grace that pursues us even when we turn away, and ask for courage to respond to His warnings with humility rather than resentment.

## Ice Breaker

If you could go back and give your younger self one piece of advice about something small that became a bigger deal over time, what would it be?

## Key Scripture

Romans 5:20 (CSB) – *Ask a group member to read aloud.*

*"The law came along to multiply the trespass. But where sin multiplied, grace multiplied even more."*

## Sermon Summary

Just as a virus spreads from one person to an entire population, sin that began in Eden spread through Cain's heart, into his actions, and throughout human society. Yet at every stage of sin's expansion, God's grace showed up—warning, protecting, and creating new beginnings. Sin's spread never exceeds the reach of God's grace.

## Discussion Point 1: Sin Spreads in the Heart

**Scripture:** Genesis 4:5-7 (CSB) – *Ask a group member to read aloud.*

*"But he did not have regard for Cain and his offering. Cain was furious, and he looked despondent. Then the Lord said to Cain, 'Why are you furious? And why do you look despondent? If you do what is right, won't you be accepted? But if you do not do what is right, sin is crouching at the door. Its desire is for you, but you must rule over it.'"*

*Suggested points for prayer is given in each prayer section and are up to the discretion of the leader.*

**Point Summary:** Sin doesn't begin as visible behavior—it starts internally as desire, comparison, or wounded pride. God saw what was happening in Cain's heart and warned him before it escalated. Like a snake charmer who lets a small snake grow until it crushes him, we play with "baby sins" at our own peril.

### **Discussion Questions:**

1. What kinds of internal sins (jealousy, resentment, comparison, pride) do we tend to dismiss as "not that serious"? Why is it dangerous to let them go unchecked?
2. God gave Cain a direct warning about the sin crouching at his door. How does God typically warn us today when something is off in our hearts?

## **Discussion Point 2: Sin Spreads into Action**

**Scripture:** Genesis 4:8-9 (CSB) – *Ask a group member to read aloud.*

*"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. Then the Lord said to Cain, 'Where is your brother Abel?' 'I don't know,' he replied. 'Am I my brother's guardian?'"*

**Point Summary:** What began as internal anger became the first murder in human history. Sin moved from Cain's heart into devastating action, followed immediately by denial and deflection. Sin that starts small never stays small—it escalates and spills over to harm others.

### **Discussion Questions:**

1. Think about a time when something that started as a small frustration or offense grew into something much bigger. What could have stopped it earlier?
2. Cain's response was denial: "Am I my brother's keeper?" How do we sometimes deflect responsibility when our actions hurt others?

## **Discussion Point 3: Sin Spreads into Society**

**Scripture:** Genesis 4:23-24 (CSB) – *Ask a group member to read aloud.*

*"Lamech said to his wives: Adah and Zillah, hear my voice; wives of Lamech, pay attention to my words. For I killed a man for wounding me, a young man for striking me. If Cain is to be avenged seven times over, then for Lamech it will be seventy-seven times!"*

**Point Summary:** By Lamech's generation, violence wasn't just committed—it was celebrated and multiplied. What was once shameful became boastful. Sin normalizes itself over time in a culture. But Jesus offers a counter-pattern: in Matthew 18, He uses Lamech's "seventy-seven" as the measure for how far our forgiveness should reach—stopping the cycle of escalation.

## Discussion Questions:

1. What are some examples of sins that culture has normalized or even celebrates today that would have been unthinkable a generation or two ago?
2. Jesus calls us to forgive "seventy-seven times"—the same number Lamech used to boast about revenge. How does radical forgiveness actually break the cycle of sin spreading in our relationships and communities?

## Wrap-Up

Genesis 4 shows us sin's full trajectory: from a bitter heart, to a violent act, to a culture that celebrates revenge. But at every turn, grace was present—God warned Cain, protected him with a mark, and raised up Seth to continue a faithful line. The story isn't ultimately about how far sin spreads; it's about how grace refuses to stop pursuing us. Where sin multiplied, grace multiplied even more.

## Challenge

This week, ask God to reveal one "baby sin"—an attitude, resentment, or pattern of thought—that's crouching at the door of your heart. Don't ignore it or minimize it. Confess it, bring it into the light with a trusted friend or spouse, and ask God for the strength to rule over it before it rules over you.

## Closing Prayer

- Pray for honesty to see the sins crouching at our doors and humility to respond to God's warnings.
- Thank God that His grace always reaches further than sin spreads, and ask Him to help us be people who stop the cycle—choosing forgiveness over revenge and confession over denial.
- Pray for our families, church, and community—that we would be agents of grace in a culture where sin has become normalized.

# Handout

## The Spread of the Problem

Life Group Discussion Handout  
First Christian Church (FCC), Warsaw, IN

Key Verse:

*"Where sin multiplied, grace multiplied even more."* — Romans 5:20 (CSB)

### Sin Spreads...

#### 1. In the Heart (Genesis 4:5-7)

*"Sin is crouching at the door. Its desire is for you, but you must rule over it."*

What "baby sin" might be crouching at your door right now?

#### 2. Into Action (Genesis 4:8-9)

*"Cain attacked his brother Abel and killed him."*

Think of a time something small escalated into something bigger. What could have stopped it?

#### 3. Into Society (Genesis 4:23-24)

*"If Cain is to be avenged seven times over, then for Lamech it will be seventy-seven times!"*

What's one sin you've seen become normalized in culture during your lifetime?

### But Grace Spreads Further...

<b>Sin's Spread</b>	<b>Grace's Response</b>
Cain's bitter heart	God's warning voice
Murder of Abel	A protective mark on Cain
Lamech's boasting	Seth's line—"people began to call on the Lord"

## Reflection

Where do you see sin spreading in your life right now?

- In my heart (attitudes, comparisons, resentment)
- In my relationships (words, actions, avoidance)
- In the world around me (and it's affecting me)

What's one step you can take this week to turn toward grace instead of letting it grow?

## My Commitment This Week

I will bring \_\_\_\_\_ into the light by:

- Confessing it to God
- Talking to a trusted friend or spouse
- Taking a specific action: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

*"The story of Genesis 4 is not just how sin spreads—it's how grace refuses to stop."*