



Small Groups

Parish Community of Saint Helen

Genesis

Seven Life-Changing Encounters With the God of New Beginnings

Chapter 4 Life is Choices

1. Hospitality and Announcements: *15 minutes*
2. Opening Prayer ~ The Prayer on the Inside Cover of the Participant Book
Sir Richard of Chichester Prayer ~ *5 minutes*

Thank you, Lord Jesus Christ,
For all the benefits and blessings
For which you have given me.
For all the pains and insults
which you have borne for me.
Merciful Friend, Brother and Redeemer.
May I know you more clearly,
love you more dearly,
and follow you more nearly,
Day by day.
Amen

3. Scripture: And when they were in the field, Cain rose up against his brother Abel, and killed him. (Gen. 4:8b)

<https://bible.usccb.org/bible/genesis/4> Genesis 4:1-16

1 The man had intercourse with his wife Eve, and she conceived and gave birth to Cain, saying, "I have produced a male child with the help of the LORD."^{*}

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2 Next she gave birth to his brother Abel. Abel became a herder of flocks, and Cain a tiller of the ground.*

3 In the course of time Cain brought an offering to the LORD from the fruit of the ground,

4 while Abel, for his part, brought the fatty portion* of the firstlings of his flock.^a The LORD looked with favor on Abel and his offering,

5 but on Cain and his offering he did not look with favor. So Cain was very angry and dejected.

6 Then the LORD said to Cain: Why are you angry? Why are you dejected?

7 If you act rightly, you will be accepted;* but if not, sin lies in wait at the door: its urge is for you, yet you can rule over it.^b

8 Cain said to his brother Abel, "Let us go out in the field."* When they were in the field, Cain attacked his brother Abel and killed him.^c

9 Then the LORD asked Cain, Where is your brother Abel? He answered, "I do not know. Am I my brother's keeper?"

10 God then said: What have you done? Your brother's blood cries out to me from the ground!

11 Now you are banned from the ground* that opened its mouth to receive your brother's blood from your hand.^d

12 If you till the ground, it shall no longer give you its produce. You shall become a constant wanderer on the earth.

13 Cain said to the LORD: "My punishment is too great to bear.

14 Look, you have now banished me from the ground. I must avoid you and be a constant wanderer on the earth. Anyone may kill me at sight."

15 Not so! the LORD said to him. If anyone kills Cain, Cain shall be avenged seven times. So the LORD put a mark* on Cain, so that no one would kill him at sight.

16 Cain then left the LORD's presence and settled in the land of Nod,* east of Eden.

4. Watch [the video](#) and use the response sheet on page 66 - *20 minutes*

5. Small Group Discussion *20-30 minutes*

- Questions on Page 55-61 {whatever question speaks to you}
- Leave 5-10 minutes for Journaling on page 67{Optional}

6. Closing Prayer ~ From the Back Cover of the Participant Guide

Prayer of a Dynamic Catholic *5 minutes*

Loving Father, I invite you into my life today and make myself available to you.

Help me to become the best version of myself by seeking your will and becoming a living example of your love in the world.

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Open my heart to the areas of my life that need to change in order for me to carry out the mission and experience the joy you have imagined for my life.

Inspire me to live the Catholic faith in ways that are dynamic and engaging.

Show me how to best get involved in the life of my parish.

Make our community hungry for best practices and continuous learning.

Give me courage when I am afraid, hope when I am discouraged and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church to become all you imagined it would be for the people of our times. Amen

Note to Group:

Next week prior to the meeting ~

Scripture Focus: Genesis 8:1a

Suggested Reading: Genesis 6:5-15: 8:1, 20-22, 9:1-9, 11-13

Pages 72 to 83 In the workbook