



## Self-control When You Don't Feel Like It

Growing Up In Christ - Part 9  
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**Big Idea:** If we stay alert to signs of drifting, search our heart for deceitfulness, obey God's warnings, and consider the consequences of failure ... we can grow in self-control.

**Text:** Genesis 4:3-12

In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. But Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. – Genesis 4:3-5

### I. \_\_\_\_\_ **ALERT!**

So, if you think you are standing firm, be careful that you don't fall! – 1 Corinthians 10:12

Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour. – 1 Peter 5:8 {NASV}

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. – James 1:19

"In your anger do not sin." Do not let the sun go down while you are still angry. – Ephesians 4:26

Then the LORD said to Cain, "Why are you angry? Why is your face downcast?" – Genesis 4:6

### II. \_\_\_\_\_ **YOUR HEART.**

Do not merely listen to the word, and so deceive yourselves. Do what it says. – James 1:22

"If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it." – Genesis 4:7

For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other... – Galatians 5:17a

### III. \_\_\_\_\_ **GOD'S WARNINGS.**

Like a city whose walls are broken down is a man who lacks self-control. – Proverbs 25:28

“If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it.” – Genesis 4:7

Now 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. – Genesis 4:8

Then the LORD said to Cain, “Where is your brother Abel?”

“I don’t know,” he replied. “Am I my brother’s keeper?” – Genesis 4:9

### IV. \_\_\_\_\_ **THE CONSEQUENCES.**

The LORD said, “What have you done? Listen! Your brother’s blood cries out to me from the ground. Now you are under a curse and driven from the ground, which opened its mouth to receive your brother’s blood from your hand. When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.” – Genesis 4:10-12

#### **MEMORY VERSE**

My dear brothers, take note of this: Everyone should be quick to listen,  
slow to speak and slow to become angry.

James 1:19