

R U N  
are you in?

**LifeGroups**  
get connected.

# TRANSFORMATION

*"And we... are being transformed into His likeness."*

**2 Corinthians 3:18**

## CHETS TOP 5

2010 Annual  
Budget Vote  
January 24th

Celebrate  
Recovery  
Anniversary  
January 25th • 7:00 p.m.

C.L.A.S.S. 101-401  
January 31st • 5:00 p.m.

2nd Annual High  
School Crock Off  
January 31st  
12:30 p.m.

Life University  
Tailgate Party  
& Kick-off  
February 3rd • 5:30 p.m.



4420 Hodges Blvd.  
Jacksonville, FL 32224  
www.chetscreek.com  
904.223.5954

**Volume XI No. 2**

## Discussion Guide

### **Life Sentences - "Cain"**

***FOCUS: to examine the negative traits of Cain and be challenged to adopt spiritual disciplines to avoid the path of Cain.***

*"Do not be like Cain, who belonged to the evil one and murdered his brother. And why did he murder him? Because his own actions were evil and his brother's were righteous." 1 John 3:12 (NIV)*

1. Compare/Contrast Cain and Abel in (Genesis 4:1-8).
 

Cain's birth (v. 1)	Abel's birth (v. 2)
Cain's occupation (v. 2)	Abel's occupation (v. 2)
Cain's offering (v. 3)	Abel's offering (v. 4)
Cain's rejection (v. 5)	Abel's acceptance (v. 4)
Cain's anger (v. 5-7)	Abel's death (v. 8)
2. What did the Lord tell Cain about sin in (vs. 6-7)?
3. How can a Christian let their guard down?
4. Cain still had a chance to get right with God (v. 7) but he chose to continue in sin. Do you need to get right today? Are you opening the door to sin?
5. What was Cain's punishment?
6. How was Cain's punishment a picture of a person living in sin?
7. What evidence does John state that a person is living for God? (1 John 3:10)
8. Believers are to "love one another" (v. 11). How can one demonstrate love for others in tangible ways?
9. Christian's are not supposed to be of this world. What do the following verses teach about this?
  - a. (Luke 10:20)
  - b. (Philippians 3:19-20)
  - c. (John 17:15-18)
10. What needs to change in your life to keep the evil one outside the door of your life?
  - a. Unhealthy relationships
  - b. Sinful addictions
  - c. Out of line priorities
  - d. Time schedule

## Read Thru the Bible

*"How sweet your words taste to me; they are sweeter than honey. Your commandments give me understanding; no wonder I hate every false way of life. Your word is a lamp to guide my feet and a light for my path."*

Psalm 119:103-105

Jan	Old Testament	New Testament	Psalm	Proverbs
17	Genesis 31:1-55	Matthew 11:20-12:8	10:7-12	2:20-22
18	Genesis 32:1-33:20	Matthew 12:9-37	10:13-18	3:1-2
19	Genesis 34:1-35:29	Matthew 12:38-13:9	11:1-3	3:3-4
20	Genesis 36:1-43	Matthew 13:10-35	11:4-7	3:5-6
21	Genesis 37:1-38:30	Matthew 13:36-58	12:1-5	3:7-8
22	Genesis 39:1-41:7	Matthew 14:1-21	12:6-8	3:9-10
23	Genesis 41:8-42:4	Matthew 14:22-15:9	13:1-6	3:11-12
24	Genesis 42:5-43:14	Matthew 15:10-39	14:1-7	3:13-14

### LifeGroup Prayer Requests:

*"You are not responsible for everyone in the church family - but you are responsible to them. So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind."*

1 Thessalonians 5:11

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## LOOKING TOWARD NEXT SUNDAY

### Noah ~ Genesis 6:22

*To discuss the obedient life of Noah and be challenged to live a life of obedience.*

### MONDAY - JANUARY 18, 2010

#### Read Genesis 5:28-6:7: Background information on Noah

28 When Lamech had lived 182 years, he had a son. 29 He named him Noah [a] and said, "He will comfort us in the labor and painful toil of our hands caused by the ground the LORD has cursed." 30 After Noah was born, Lamech lived 595 years and had other sons and daughters. 31 Altogether, Lamech lived 777 years, and then he died. 32 After Noah was 500 years old, he became the father of Shem, Ham and Japheth... 1 When men began to increase in number on the earth and daughters were born to them, 2 the sons of God saw that the daughters of men were beautiful, and they married any of them they chose. 3 Then the LORD said, "My Spirit will not contend with man forever, for he is mortal; his days will be a hundred and twenty years." 4 The Nephilim were on the earth in those days—and also afterward—when the sons of God went to the daughters of men and had children by them. They were the heroes of old, men of renown. 5 The LORD saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. 6 The LORD was grieved that he had made man on the earth, and his heart was filled with pain. 7 So the LORD said, "I will wipe mankind, whom I have created, from the face of the earth—men and animals, and creatures that move along the ground, and birds of the air—for I am grieved that I have made them."

- Who was Noah's father?
- What does Noah's name mean?
- Who were the sons of Noah?
- Why was God grieved in His heart?
- What was God's plan for man and all He had created?
- What were God's thoughts of Noah?

## TUESDAY - JANUARY 19, 2010

### Read Genesis 6:8-18: Grace

*8 But Noah found favor in the eyes of the LORD. 9 This is the account of Noah. Noah was a righteous man, blameless among the people of his time, and he walked with God. 10 Noah had three sons: Shem, Ham and Japheth. 11 Now the earth was corrupt in God's sight and was full of violence. 12 God saw how corrupt the earth had become, for all the people on earth had corrupted their ways. 13 So God said to Noah, "I am going to put an end to all people, for the earth is filled with violence because of them. I am surely going to destroy both them and the earth. 14 So make yourself an ark of cypress wood; make rooms in it and coat it with pitch inside and out. 15 This is how you are to build it: The ark is to be 450 feet long, 75 feet wide and 45 feet high. 16 Make a roof for it and finish the ark to within 18 inches of the top. Put a door in the side of the ark and make lower, middle and upper decks. 17 I am going to bring floodwaters on the earth to destroy all life under the heavens, every creature that has the breath of life in it. Everything on earth will perish. 18 But I will establish my covenant with you, and you will enter the ark—you and your sons and your wife and your sons' wives with you.*

- How did Noah find favor (grace) in the eyes of the Lord?
- In the middle of a lost, morally decaying, evil and wicked land, how did Noah remain righteous and keep his integrity?
- What does it mean when the scripture says, "Noah walked with God?"
- Today spend some time analyzing your walk with God.

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## WEDNESDAY - JANUARY 20, 2010

### Read Genesis 6:14-22, 7:1, 9, 16: Obedience

*14 So make yourself an ark of cypress wood; make rooms in it and coat it with pitch inside and out. 15 This is how you are to build it: The ark is to be 450 feet long, 75 feet wide and 45 feet high. 16 Make a roof for it and finish the ark to within 18 inches of the top. Put a door in the side of the ark and make lower, middle and upper decks. 17 I am going to bring floodwaters on the earth to destroy all life under the heavens, every creature that has the breath of life in it. Everything on earth will perish. 18 But I will establish my covenant with you, and you will enter the ark—you and your sons and your wife and your sons' wives with you. 19 You are to bring into the ark two of all living creatures, male and female, to keep them alive with you. 20 Two of every kind of bird, of every kind of animal and of every kind of creature that moves along the ground will come to you to be kept alive. 21 You are to take every kind of food that is to be eaten and store it away as food for you and for them." 22 Noah did everything just as God commanded him... 5 And Noah did all that the LORD commanded him... 9 male and female, came to Noah and entered the ark, as God had commanded Noah... 16 The animals going in were male and female of every living thing, as God had commanded Noah. Then the LORD shut him in.*

- What did God ask Noah to do?
- Where did Noah get the design and dimensions for the Ark he was to build?
- What was to go into the Ark?
- What would you say was the main purpose of the Ark?
- Had Noah and the people ever seen rain?
- How was Noah's obedience to the commands and directions of God?
- How are you about obeying the Lord, even when it seems against all odds?
- How is your faith?

## THURSDAY - JANUARY 21, 2010

### Read Genesis 7:6-24: Patience

*6 Noah was six hundred years old when the floodwaters came on the earth. 7 And Noah and his sons and his wife and his sons' wives entered the ark to escape the waters of the flood. 8 Pairs of clean and unclean animals, of birds and of all creatures that move along the ground, 9 male and female, came to Noah and entered the ark, as God had commanded Noah. 10 And after the seven days the floodwaters came on the earth. 11 In the six hundredth year of Noah's life, on the seventeenth day of the second month—on that day all the springs of the great deep burst forth, and the floodgates of the heavens were opened. 12 And rain fell on the earth forty days and forty nights. 13 On that very day Noah and his sons, Shem, Ham and Japheth, together with his wife and the wives of his three sons, entered the ark. 14 They had with them every wild animal according to its kind, all livestock according to their kinds, every creature that moves along the ground according to its kind and every bird according to its kind, everything with wings. 15 Pairs of all creatures that have the breath of life in them came to Noah and entered the ark. 16 The animals going in were male and female of every living thing, as God had commanded Noah. Then the LORD shut him in. 17 For forty days the flood kept coming on the earth, and as the waters increased they lifted the ark high above the earth. 18 The waters rose and increased greatly on the earth, and the ark floated on the surface of the water. 19 They rose greatly on the earth, and all the high mountains under the entire heavens were covered. 20 The waters rose and covered the mountains to a depth of more than twenty feet. , 21 Every living thing that moved on the earth perished—birds, livestock, wild animals, all the creatures that swarm over the earth, and all mankind. 22 Everything on dry land that had the breath of life in its nostrils died. 23 Every living thing on the face of the earth was wiped out; men and animals and the creatures that move along the ground and the birds of the air were wiped from the earth. Only Noah was left, and those with him in the ark. 24 The waters flooded the earth for a hundred and fifty days.*

Noah was not only a builder, but he was also a preacher (2 Peter 2:5). Noah preached for 120 years while he and his sons built the Ark, and no one heeded his message of God's judgment that was coming upon them.

- Noah was patient in waiting on God's timing for the flood. How is your patience as you wait on God's timing for things in your life?
- Do you wait on the Lord to show you what He wants for you to do and how He wants you to do it, or **do** you rush ahead of Him and do things in your own way?

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## FRIDAY - JANUARY 22, 2010

### Read Genesis 7:20: Worship

*20 The waters rose and covered the mountains to a depth of more than twenty feet.*

- How long were Noah and his family in the Ark?
- Why did Noah build an altar? Was he commanded by God to do so?
- Do you think Noah's actions and life pleased God?
- Can God say of you, "YOU have done everything I have commanded you to do?"

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