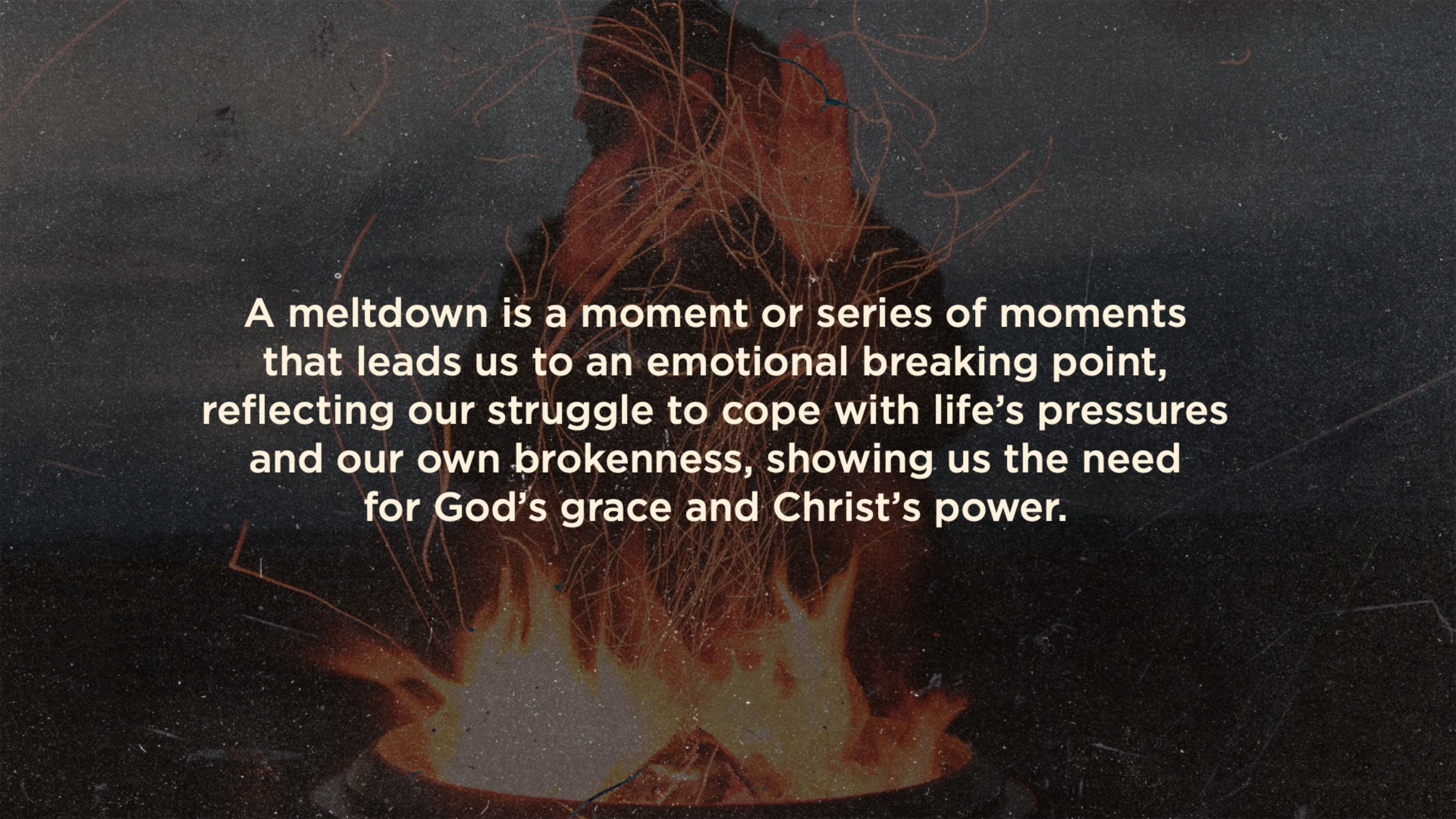


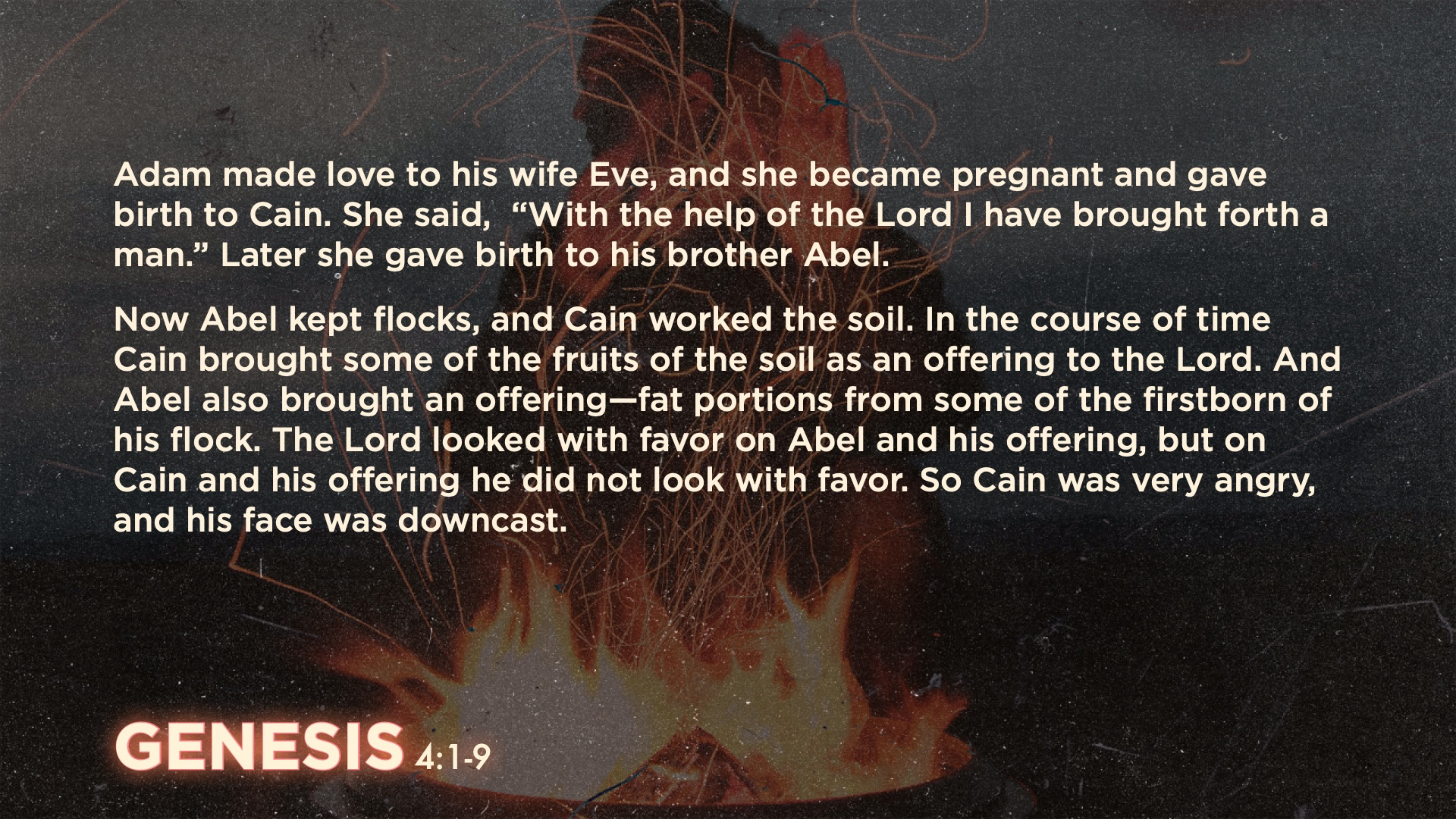
A dramatic scene featuring a man in a dark, smoky environment. In the foreground, a large fire burns brightly in a circular pit, with sparks falling from above. The man is positioned in the background, looking towards the right. The overall atmosphere is intense and fiery.

MELTDOWN

Cain's Fiery Meltdown
GENESIS 4



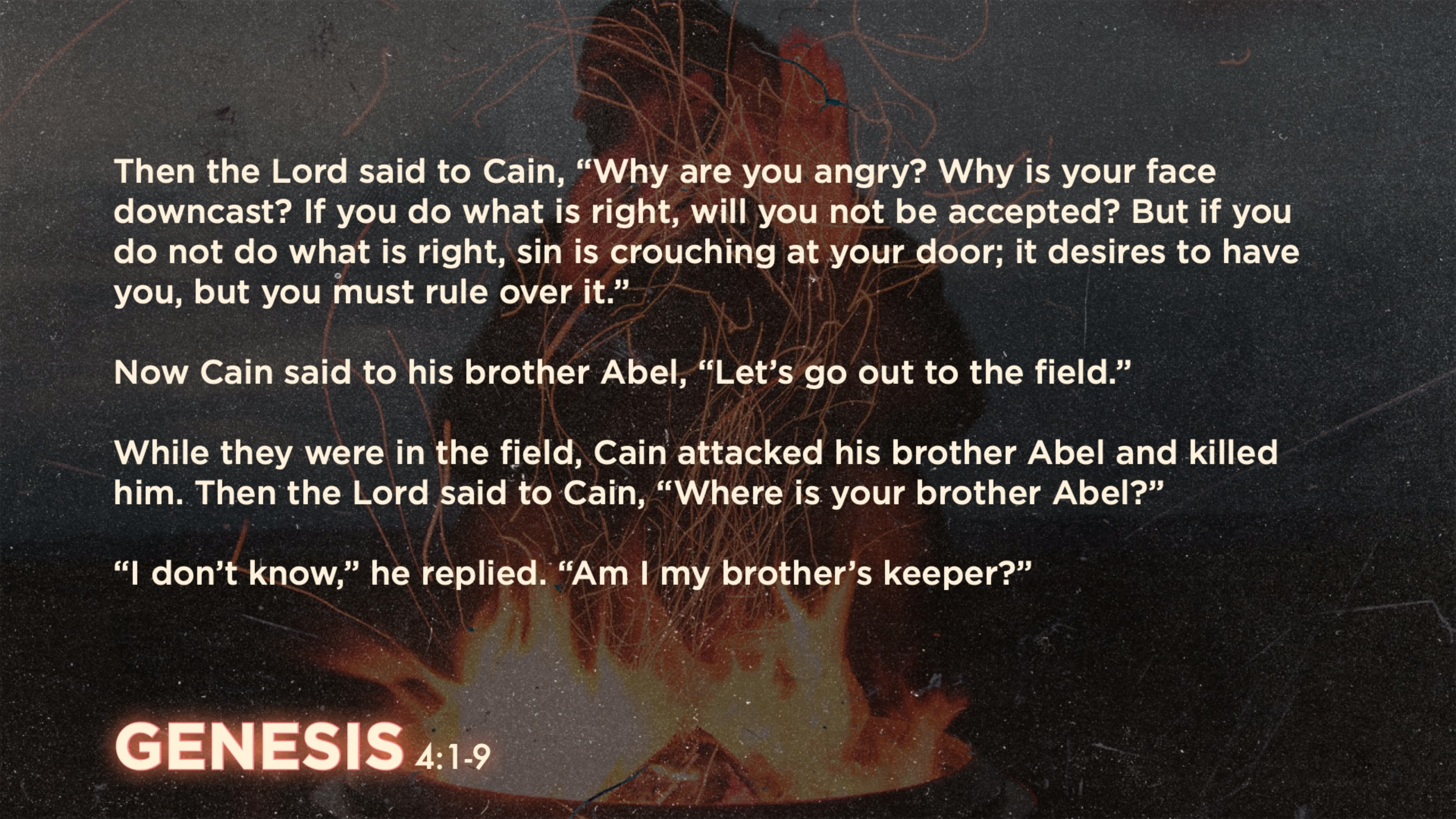
A meltdown is a moment or series of moments that leads us to an emotional breaking point, reflecting our struggle to cope with life's pressures and our own brokenness, showing us the need for God's grace and Christ's power.



Adam made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, “With the help of the Lord I have brought forth a man.” Later she gave birth to his brother Abel.

Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. And Abel also brought an offering—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 4:1-9



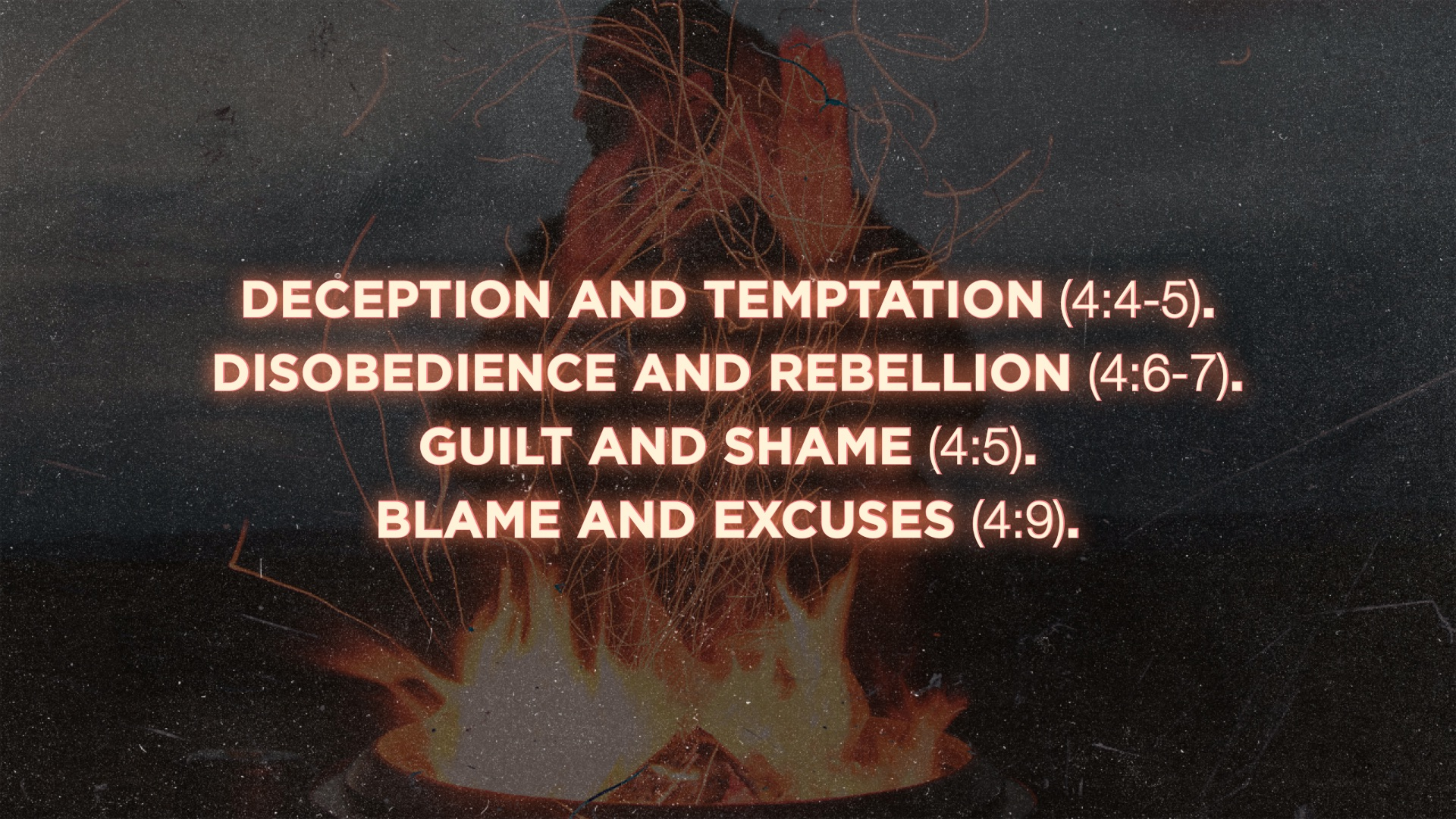
Then the Lord said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."

Now Cain said to his brother Abel, "Let's go out to the field."

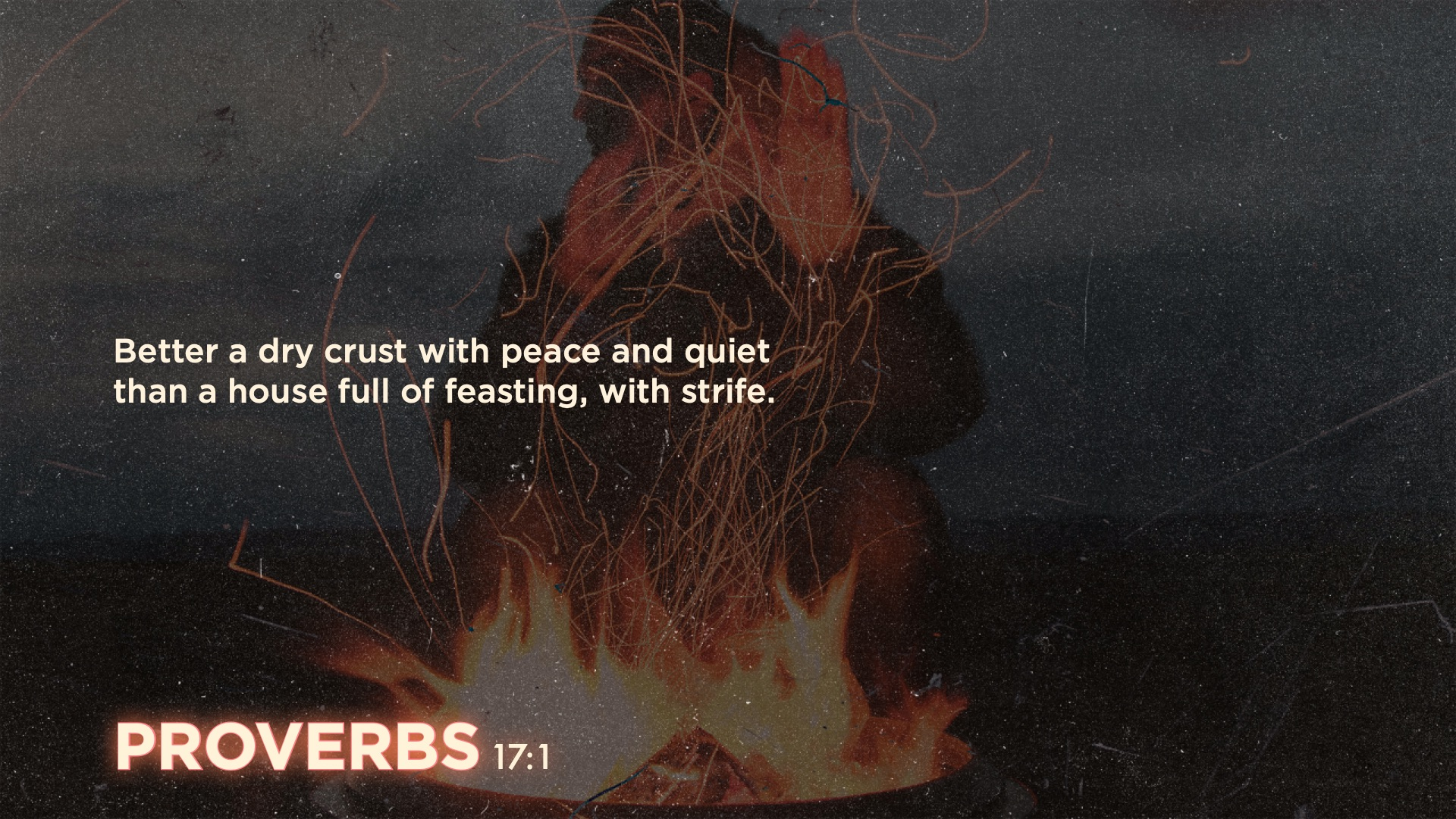
While they were in the field, Cain attacked his brother Abel and killed him. Then the Lord said to Cain, "Where is your brother Abel?"

"I don't know," he replied. "Am I my brother's keeper?"

GENESIS 4:1-9



DECEPTION AND TEMPTATION (4:4-5).
DISOBEDIENCE AND REBELLION (4:6-7).
GUILT AND SHAME (4:5).
BLAME AND EXCUSES (4:9).



**Better a dry crust with peace and quiet
than a house full of feasting, with strife.**

PROVERBS 17:1

P.
E.
A.
C.
E.





P.

PINPOINT THE SOURCE OF YOUR ANGER

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. **JAMES 4:1-2**

E.

A.

C.

E.

A hand holding a flaming torch with a dark background. The hand is positioned in the center, with the torch held upright. The background is dark and textured, with some faint, glowing lines. The text is overlaid on the image.

P.

PINPOINT THE SOURCE OF YOUR ANGER

E.

EVALUATE GOD'S WARNINGS

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 rule over it. **GENESIS 4:7**

A.

C.

E.

A hand holding a flaming torch with a dark background. The hand is positioned at the top, and the torch's flame is at the bottom. The background is dark and textured, with some faint, glowing lines.

P.

PINPOINT THE SOURCE OF YOUR ANGER

E.

EVALUATE GOD'S WARNINGS

A.

ACT WITH SELF-CONTROL

Fools give full vent to their rage, but the wise bring calm in the end. **PROVERBS 29:11**

C.

E.

P.

PINPOINT THE SOURCE OF YOUR ANGER

E.

EVALUATE GOD'S WARNINGS

A.

ACT WITH SELF-CONTROL

C.

CHOOSE RECONCILIATION AND FORGIVENESS

E.

In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold. **EPHESIANS 4:26-27**

A hand holding a lit match with a glowing heart in the background. The heart is a vibrant orange and red, with a network of thin, brown, root-like lines extending from it. The background is dark and textured, with some faint, glowing lines.

P. PINPOINT THE SOURCE OF YOUR ANGER

E. EVALUATE GOD'S WARNINGS

A. ACT WITH SELF-CONTROL

C. CHOOSE RECONCILIATION AND FORGIVENESS

E. ENTRUST JUSTICE TO GOD

P.

PINPOINT THE SOURCE OF YOUR ANGER

E.

EVALUATE GOD'S WARNINGS

A.

ACT WITH SELF-CONTROL

C.

CHOOSE RECONCILIATION AND FORGIVENESS

E.

ENTRUST JUSTICE TO GOD

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord.

Romans 12:19

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."

Cain said to the Lord, "My punishment is more than I can bear. Today you are driving me from the land, and I will be hidden from your presence; I will be a restless wanderer on the earth, and whoever finds me will kill me."

But the Lord said to him, "Not so; anyone who kills Cain will suffer vengeance seven times over." Then the Lord put a mark on Cain so that no one who found him would kill him. So Cain went out from the Lord's presence and lived in the land of Nod, east of Eden.

GENESIS 4:10-16