

Live With No Excuses - Love With No Regrets

Questions

Getting Started

1. What insight, principle, or observation from this week's message did you find to be most helpful, eye-opening or troubling? Explain.

Live With No Excuses

Love With No Regrets

Series: No Excuses

Sunday October 1, 2017

“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.” Psalm 1:1-3 ESV

**When you are right with your Creator
there is no room for excuses!**

I. I Can Enjoy a Relationship with My Creator on His Terms

“Now Adam knew Eve his wife, and she conceived and bore Cain, saying, “I have gotten a man with the help of the LORD.” And again, she bore his brother Abel. Now Abel was a keeper of sheep, and Cain a worker of the ground.” Genesis 4:1–2 ESV

“In the course of time Cain brought to the LORD an offering of the fruit of the ground, and Abel also brought of the firstborn of his flock and of their fat portions.” Genesis 4:3–4a ESV

“And the LORD had regard for Abel and his offering, but for Cain and his offering he had no regard.” Genesis 4:4b-5a ESV

We are Unable to Reach our Creator on our own terms!

II. My Relationship with My Creator Impacts Every Area of My Life

“So Cain was very angry, and his face fell.” Genesis 4: 5b ESV

1. I Take My Frustrations Out on Other Innocent People

“Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him.”

Genesis 4:8 ESV

“You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire.”

Matthew 5:21–22 ESV

2. I Offer Hollow Excuses for My Behavior

“Then the LORD said to Cain, “Where is Abel your brother?” He said, “I do not know; am I my brother’s keeper?”” Genesis 4:9 ESV

3. My Pride Keeps Me in Bondage

“And the LORD said, “What have you done? The voice of your brother’s blood is crying to me from the ground. And now you are cursed from the ground, which has opened its mouth to receive your brother’s blood from your hand.” Genesis 4:10–11 ESV

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9 ESV

4. I Squander God’s Blessing

“When you work the ground, it shall no longer yield to you its strength. You shall be a fugitive and a wanderer on the earth.”” Genesis 4:12 ESV

5. I Struggle with Guilt from Past Failures

“Cain said to the LORD, “My punishment is greater than I can bear.” Genesis 4:13 ESV

6. I Am Controlled by the Fear of Man

“Behold, you have driven me today away from the ground, and from your face I shall be hidden. I shall be a fugitive and a wanderer on the earth, and whoever finds me will kill me. Then the LORD said to him, “Not so! If anyone kills Cain, vengeance shall be taken on him sevenfold.” And the LORD put a mark on Cain, lest any who found him should attack him.” Genesis 4:14–15 ESV

7. Life Becomes Empty and Hopeless

“Then Cain went away from the presence of the LORD and settled in the land of Nod, east of Eden.” Genesis 4:16 ESV

So What?

“The LORD said to Cain, “Why are you angry, and why has your face fallen? If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is contrary to you, but you must rule over it.” Genesis 4:6–7 ESV

What Now?

“Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool. If you are willing and obedient, you shall eat the good of the land; but if you refuse and rebel, you shall be eaten by the sword; for the mouth of the LORD has spoken.” Isaiah 1:18–20 ESV

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Matthew 11:28–30 ESV