

# PULPIT COMPANION

WHEN  
WHAT'S  
BOTHERING  
ME IS ME

GENESIS 4:1-8

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In this powerful message, we delve into the story of Cain and Abel from Genesis 4, exploring the profound consequences of unresolved inner turmoil.

The central theme challenges us to confront what's truly bothering us within ourselves, rather than projecting our frustrations onto others. We're reminded that God sees beyond our outward actions, looking directly at our hearts. The lesson of Cain's anger and its tragic outcome serves as a stark warning about the dangers of letting our inner struggles go unaddressed.

As we reflect on this, we're called to examine our own lives and relationships, considering how our unresolved emotions might be affecting those around us. The message encourages us to lay down our burdens before God, emphasizing His desire to heal and transform us from within. This introspective journey invites us to embrace God's preventative plan for our lives, fostering healthier relationships and a deeper connection with Him.

## SCRIPTURES FROM PULPIT AI

- Genesis 4:1-8
- Matthew 5:21-22
- Psalm 139:23-24
- Proverbs 16:32
- James 1:19-20
- Ephesians 4:26-27
- Galatians 5:22-23
- Romans 12:21
- Proverbs 15:1





## DEVOTIONAL

### Day 1: Confronting Inner Turmoil

#### Reading: Genesis 4:1-8

**Devotional:** As we read about Cain and Abel, we're confronted with the reality of inner turmoil. God asks Cain, "Why are you angry? Why is your face downcast?" These questions pierce through external actions to the heart.

Today, reflect on areas where you might be harboring anger or resentment. Ask God to help you confront these feelings honestly. Remember, God doesn't condemn us for our emotions, but lovingly shepherds us through them. How can you open your heart to God's gentle probing today?

### Day 2: The Power of Our Words

#### Reading: Matthew 5:21-22

**Devotional:** Jesus elevates the commandment against murder to include angry words and insults. Our words have immense power - to build up or tear down.

Think about recent conversations. Have your words been life-giving or destructive? Ask God to guard your tongue and fill your speech with grace. Consider reaching out to someone with words of encouragement today, recognizing that our speech reflects our heart's condition.

### Day 3: Offering Our Best to God

#### Reading: Hebrews 11:4

**Devotional:** Abel's offering was accepted because it came from a heart of faith. God looks beyond our external actions to the attitude of our hearts.

Reflect on your own "offerings" to God - your time, talents, and resources. Are you giving God your best, or merely leftovers? Ask God to renew your passion for serving Him. Consider one area where you can offer your "first fruits" to God today, trusting in His provision.





## Day 4: Overcoming Jealousy and Comparison

### Reading: James 3:13-18

**Devotional:** Cain's jealousy of Abel led to devastating consequences. James reminds us that jealousy and selfish ambition lead to disorder, while heavenly wisdom produces peace.

Examine your heart for any seeds of jealousy or unhealthy comparison. Ask God to help you celebrate others' successes and to find contentment in His unique plan for your life. How can you encourage someone else's growth or success today?

## Day 5: Laying Down Our Burdens

### Reading: Matthew 11:28-30

**Devotional:** The sermon emphasized the need to "lay it down" - our anger, unforgiveness, past mistakes, and need for control. Jesus invites us to bring our burdens to Him and find rest. What do you need to lay down at Jesus' feet today? Visualize yourself physically releasing these burdens to Christ. Thank Him for His promise of rest and renewal.

As you go through your day, practice returning to this place of surrender whenever you feel burdened or overwhelmed.







## SMALL GROUP GUIDE :

### “When What's Bothering Me Is Me”

#### Opening Prayer:

Begin the session with a prayer, asking God to open hearts and minds to His message and guide the discussion

#### Key Scripture:

#### Discussion Questions:

- 1.The sermon starts with God asking Cain two questions: "Why are you angry?" and "Why is your face downcast?" How might honestly answering these questions help us address our inner struggles?
- 2.Pastor mentions that "broken people break people." Can you think of a time when your own unresolved issues affected your relationships with others? How did you recognize and address this?
- 3.The sermon talks about projection - taking out our inner struggles on others. How can we become more aware of when we're projecting our issues onto those around us?
- 4.What does it mean to "rule over" our emotions, as God instructed Cain? How can we practically apply this in our daily lives?
- 5.The pastor emphasizes the power of words to "assassinate" people emotionally. How can we be more mindful of the impact our words have on others, especially when we're dealing with our own inner turmoil?
- 6.What are some things we need to "lay down" before God to experience inner healing and improve our relationships?





## Practical Applications:

1. Self-reflection exercise: Spend 10 minutes each day this week journaling about your emotions, particularly anger or frustration. Ask yourself, "Why am I feeling this way?" and "What's really bothering me?"
2. Practice the "pause": Before reacting to a situation that frustrates you, take a deep breath and count to 10. Use this moment to consider whether your reaction is coming from an unresolved inner issue.
3. Accountability partnership: Pair up with someone in the group to check in daily about how you're addressing your inner struggles and avoiding projection onto others.
4. Gratitude and affirmation: Each day, express genuine gratitude or affirmation to someone close to you, focusing on building up rather than tearing down.
5. Scripture meditation: Spend time reflecting on Ephesians 4:31-32 - "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

## Key Takeaways:

1. The greatest disturbance in our lives is often within ourselves, not external factors.
2. Unresolved internal issues can lead to external conflicts and harm relationships.
3. God confronts us about our inner struggles before we act out destructively.
4. We have a choice to address our internal issues or project them onto others.
5. Healing comes from dealing with our inner struggles, not hurting others.

## Closing Prayer:

End the session by praying for God's help in addressing inner struggles, healing relationships, and growing in Christ-like character.

