



LOOP Study Guide You Have Access Week 7

Key Scripture:

Genesis 4:1-12

Theme: Sin Is Crouching at the Door

WELCOME / ICEBREAKER

Take a few minutes to connect as a group before jumping in.

Opening Questions

- Have you ever ignored a small issue in your life that later became a much bigger problem?
- Why do you think people often leave unhealthy “doors” open in their lives?
- What are some things culture normalizes that can quietly pull people away from God?

SERIES RECAP — THE LOOP

Throughout this series we’ve been learning that faith is formed through a process.

The Loop

Trials → Endurance → Character → Hope

But this week’s message reminds us: **Character must also be protected.**

Because if doors stay open in our lives, the enemy will use them to slowly pull us away from God’s design.

READ TOGETHER

Genesis 4:1–12

(Allow someone in the group to read.)

BIG IDEA #1

SIN DOESN’T JUST HAPPEN — IT WAITS FOR ACCESS

God tells Cain:

“Sin is crouching at your door...”. That imagery matters.

Sin is described like a predator:

- watching
- waiting
- studying

- looking for access

The enemy is patient. Sin rarely begins with a dramatic collapse.

Usually it begins with:

- small compromises
- unattended emotions
- secret thoughts
- unchecked desires
- open doors

Discussion Questions

- Why do you think God used the picture of a crouching predator?
- What are some “small compromises” that can eventually become major problems?
- Why is it dangerous to assume “I would never fall into that”?
- Have you ever seen how one unchecked area slowly affected other areas of life?

BIG IDEA #2

WHAT YOU ENTERTAIN EVENTUALLY TRIES TO CONTROL YOU

The message laid out the progression of sin:

The Progression

1. You see it
2. You desire it
3. You take it
4. Then it takes you

Sin often starts with attention before it ever becomes action.

What we repeatedly entertain:

- shapes our desires
- weakens our boundaries
- influences our decisions

Cain had a warning before he had a failure. God warned him because God cared about him.

Discussion Questions

- Why do you think temptation often starts in the mind before behavior?
- What are some practical ways we “entertain” sin without realizing it?
- Why is it easier to justify small compromises?
- What area do people most commonly leave unguarded today?

BIG IDEA #3

YOU ARE RESPONSIBLE FOR WHAT YOU ALLOW ACCESS TO

God told Cain:

“You must rule over it.” God never told Cain he was powerless. Temptation may be real...but access is still a choice.

The message made this clear:

“You may not control the temptation, but you do control the transaction.”

Victory is intentional. It requires:

- boundaries
- accountability
- cutting off access
- changing environments
- walking in the Spirit

Discussion Questions

- Why do people sometimes act powerless over sin?
- What is the difference between temptation and surrender?
- Why are boundaries important in spiritual growth?
- What practical boundaries have helped you stay spiritually healthy?

BIG IDEA #4

CULTURE DOES NOT DEFINE WHAT GOD HAS DESIGNED

One major focus of the message was sexual sin and how culture has normalized what God never redefined.

God’s design for sex was created with:

- purpose
- covenant
- protection

The issue is not that God is restrictive. The issue is that God is intentional.

“When you take something powerful out of its proper place... it doesn’t lose power—it loses protection.”

This conversation is not about shame. It’s about alignment.

Discussion Questions

- Why do you think culture and Scripture often conflict on sexual ethics?
- How can Christians speak truth without leading with shame?
- Why does God place boundaries around sexuality?
- What does healthy accountability look like in this area?

BIG IDEA #5

JESUS GIVES US POWER TO RULE OVER SIN

Cain had responsibility. But through Jesus, we also have empowerment.

The message pointed us to:

- Romans 6 → Sin is not your master
- Romans 7 → You'll still feel the struggle
- Romans 8 → The Spirit gives you power

Victory over sin is not:

- self-help
- behavior management
- trying harder

It is learning to:

- walk with the Spirit
- shut doors intentionally
- stay connected to Jesus
- live from authority instead of defeat

Discussion Questions

- Why is “trying harder” usually not enough to create lasting change?
- What does it practically look like to “rule over” sin?
- How does staying connected to Jesus strengthen us against temptation?
- What is one “door” you may need to close in this season?

GROUP APPLICATION

As a group, discuss:

What are some common “crouching sins” people struggle with today?

Examples:

- offense
- pride
- comparison
- compromise
- isolation
- lust
- bitterness

Then discuss:

- How do these sins usually begin?
- What makes them dangerous?
- What are healthy ways to shut those doors early?

PERSONAL REFLECTION

Spend a few quiet moments reflecting personally:

- What doors have I casually left open?
- What compromises have I normalized?
- Am I feeding something that is weakening my walk with God?
- What practical step do I need to take this week?

ACTION STEP CHALLENGE

This week:

Identify ONE door you need to close.

Maybe it's:

- a relationship
- a habit
- isolation
- content you consume
- bitterness
- temptation
- lack of accountability

Then take ONE intentional action:

- set a boundary
- confess to someone
- remove access
- reconnect spiritually
- spend daily time with God

PRAYER MOMENT

Spend time praying together for:

- wisdom
- discernment
- purity
- strength
- accountability
- freedom from temptation
- spiritual authority
- deeper dependence on Jesus

Pray especially for courage to shut doors that have been left open.

FINAL TAKEAWAY

Sin may crouch...But it does not get control.

Through Jesus:

- you are not powerless
- you are not abandoned
- you are not trapped

You have access to:

- grace
- truth
- forgiveness
- strength
- the Holy Spirit

**“Sin may knock...
but it doesn’t get a key.”**

THINGS HAPPENING AT FRESH START CHURCH:

- **Summer Serve** - Throughout the month of May we’re going to be encouraging those that are not currently volunteering to try it out over the summer. Encourage anyone in your LOOP who is not volunteering to give it a try and join a team at Fresh Start. Check the Church Center app to join a team.