



STUDY SHEET

THE FOUR DEFINITIONS OF EMPIRIAL THIRST

Review + Reflection for Week Three

1. One-Sentence Definition

Empirical Thirst is the internal drive to seize control, influence, or dominance in order to soothe the wounded places in the soul that no longer trust God's abundance.

Reflection Questions

- Where do I notice myself trying to “secure” what God said He would supply?
 - When do I feel the urge to prove, defend, or justify myself?
 - What situation currently tempts me to distrust God's goodness?
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2. Theological Definition

Empirical Thirst is the spiritually disordered impulse toward self-sovereignty that emerges when grievance, shame, and scarcity coalesce, producing a compulsive pursuit of control apart from dependence on God.

Reflection Questions

- Where does grievance show up in my thoughts?
 - How does shame distort how I hear God?
 - Where do I live as though blessing is scarce?
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3. Pastoral Definition

Empirical Thirst is what happens when wounded people try to protect themselves instead of letting God heal them—turning disappointment into entitlement, comparison into resentment, and calling into competition.

Reflection Questions

- Who do I compare myself to?
 - Where do I feel overlooked or unseen?
 - How do I respond when God blesses someone else?
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4. Sociological Definition

Empirical Thirst is the pattern by which individuals, communities, and societies organize around fear, rivalry, and control—building systems, hierarchies, and identities that grow out of grievance rather than grace.

Reflection Questions

- Where does my culture disciple me more than Scripture?
 - What groups do I feel I must win against?
 - How has fear shaped the spaces I belong to?
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THE FOUR PILLARS REVIEW

Seen in Adam & Eve, intensified in Cain

1. The Oldest Temptation — Grievance

“God is withholding from me.”

2. The Deepest Wound — Shame

“I am not enough.”

3. The Greatest Illusion — Scarcity

“There won’t be enough for me.”

4. The Most Compelling Craving — Control

“I will secure myself.”

PROCESSING WHAT WE’VE LEARNED SO FAR

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Use for journaling, class discussion, or midweek reflection.

A. Personal Inventory

- ✓ Where have I felt wronged?
- ✓ Where do I hide?
- ✓ Where do I fear not having enough?
- ✓ Where do I try to control outcomes or people?

B. Cain Mirror Questions

1. Where has anger become my interpreter?
2. Where do I take correction as rejection?
3. Where do I see others as rivals instead of brothers?
4. Where am I building emotional “cities” to protect myself?

C. James Connection

“Where do wars and fights among you come from? Do they not come from your desires...?”
(James 4:1–2)

Ask:

- What war is happening inside me?
- Who have I made into an opponent?
- What desire is driving my reactions?



SEVEN-DAY DEVOTIONAL

Short daily structure — Scripture + Reflection + Prayer

DAY 1 — The Seed of Grievance

Scripture: Genesis 3:1–5

Focus: When trust shifts into suspicion

Prayer: “Lord, reveal where I believe You are withholding from me.”

DAY 2 — The Wound of Shame

Scripture: Genesis 3:7–10

Focus: Hiding, covering, distancing

Prayer: “Lord, meet me where I feel inadequate.”

DAY 3 — The Fear of Scarcity

Scripture: Genesis 3:7; 4:5

Focus: Feeling exposed, threatened, insufficient

Prayer: “Lord, teach me Your abundance.”

DAY 4 — The Craving for Control

Scripture: Genesis 3:12–13

Focus: Blame, deflection, self-management

Prayer: “Lord, loosen my grip and strengthen my trust.”

DAY 5 — Cain and Grievance

Scripture: Genesis 4:3–6

Focus: Offense, comparison, entitlement

Prayer: “Lord, free me from the story where I am the victim and You are the offender.”

DAY 6 — Cain and Scarcity

Scripture: Genesis 4:8

Focus: When blessing feels competitive

Prayer: “Lord, help me rejoice in the flourishing of others.”

DAY 7 — Cain and Control

Scripture: Genesis 4:9–17

Focus: Building life apart from God

Prayer: “Lord, dismantle the ‘cities’ I built out of fear.”



KIDS LESSON

Empirical Thirst: When We Forget to Trust God

A Simple Guide to What We Learned About Adam, Eve, and Cain



BIG IDEA

Empirical Thirst is what happens when we stop trusting God and try to take control ourselves.



PART ONE

The Four Feelings That Lead Us Away From God

1. Grievance — “It’s not fair!”

Adam and Eve thought God was keeping something good from them.

Kid Question:

When do you say, “That’s not fair!”?

2. Shame — “Something is wrong with me.”

Adam and Eve hid because they felt embarrassed.

Kid Question:

When do you want to hide or pretend?

3. Scarcity — “There won’t be enough.”

They tried to cover themselves, even though God promised to care for them.

Kid Question:

When do you worry about not having enough?

4. Control — “I have to fix this myself.”

They blamed others instead of trusting God.

Kid Question:

When do you feel like you need to be in charge?

PART TWO

Cain: The First Person to Let These Feelings Become Actions

1. Cain Felt Grievance

He thought:

“God was nicer to Abel than to me!”

2. Cain Felt Shame

His face was sad, and he didn't feel good enough.

3. Cain Felt Scarcity

He believed:

“There's only enough blessing for one of us.”

4. Cain Chose Control

He hurt his brother to feel safe.

GOD’S MESSAGE FOR KIDS

- ✓ God doesn’t want us to compare
 - ✓ God always has enough love
 - ✓ God never stops seeing us
 - ✓ God wants to help us, not shame us
-

SELF-CHECK FOR KIDS

Put a ✓ or ✗

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Put a ✓ or ✗

Questions :
Do I get upset when someone else gets attention?
Do I feel like I'm not good enough sometimes?
Do I worry there won't be enough for me?
Do I try to be in control all the time?



MEMORY VERSE (Kid-Friendly)

“Why are you angry?”

— *Genesis 4:6*

Short. Simple. Heart-level.



SHORT PRAYER FOR KIDS

“Jesus, help my heart trust You.

Help me not compare, not hide,

not worry, and not try to take control.

Teach me to rest in Your love. Amen.”



ACTIVITY IDEAS

1. Draw Two Cities

● City of Trust (trees, light, open gates)

● City of Fear (walls, locks, guards)

2. Blessing Circle

Kids speak short blessings over others

(anti-Cain, anti-jealousy practice)




7-DAY FAMILY DEVOTIONAL (Kid Version)

Each day includes:

★ Scripture


💡 Thought

 Prayer

DAY 1 — God Gives Good Things

★ Genesis 1:31


💡 God made a good world.

 “Help me see Your gifts.”

DAY 2 — The Lie of ‘Not Fair’

★ Genesis 3:1


💡 The serpent tried to make them feel cheated.

 “Help me trust You.”

DAY 3 — Hiding from God

★ Genesis 3:10

💡 God comes looking when we hide.

 “Thank You for finding me.”

DAY 4 — Brothers

★ Genesis 4:4

💡 God sees each person with love.

🙏 “Help me celebrate others.”

DAY 5 — Angry Feelings

★ Genesis 4:6

💡 God asks us about our hearts.

🙏 “Help me calm down.”

DAY 6 — Choosing Kindness

★ Genesis 4:8


💡 We can choose love instead of jealousy.

🙏 “Help me show kindness.”

DAY 7 — God Still Protects

★ Genesis 4:15

💡 Even when we fail, God shows mercy.

 “Thank You for Your grace.”

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