

# Cain & Abel

## Genesis 4:1-16, 25-26

Why do you think there is a cross in this heart?

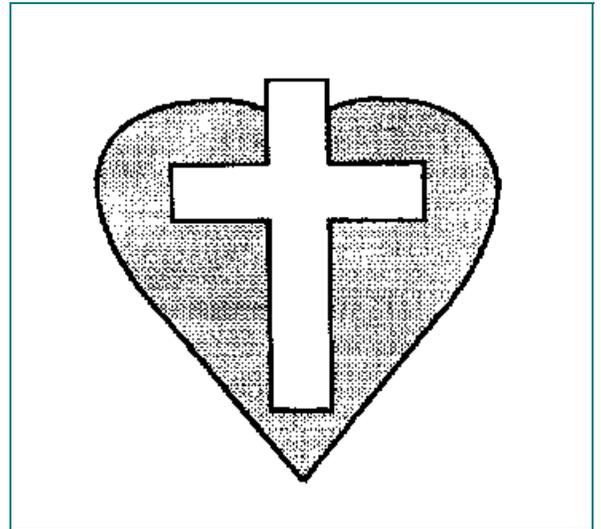
Where does all sin begin?

How are our hearts cleansed from sin?

In our lesson today we will see how sinful thoughts in the heart can lead to sinful actions.

**Prayer** - TLH #400 v. 5

Take my will and make it Thine,  
It shall be no longer mine;  
Take my heart it is Thine own,  
It shall be Thy royal throne.



### The Story Genesis 4:1-16, 25-26

Now Adam knew Eve his wife, and she conceived and bore Cain, and said, "I have acquired a man from the LORD." {2} Then she bore again, this time his brother Abel. Now Abel was a keeper of sheep, but Cain was a tiller of the ground. {3} And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the LORD. {4} Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering, {5} but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell.

{6} So the LORD said to Cain, "Why

are you angry? And why has your countenance fallen? {7} "If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it."

{8} Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.

{9} Then the LORD said to Cain, "Where is Abel your brother?"

He said, "I do not know. Am I my brother's keeper?"



{10} And He said, "What have you done? The voice of your brother's blood cries out to Me from the ground. {11} "So now you are cursed from the earth, which has opened its mouth to receive your brother's blood from your hand. {12} "When you till the ground, it shall no longer yield its strength to you. A fugitive and a vagabond you shall be on the earth."

{13} And Cain said to the LORD, "My punishment is greater than I can bear! {14} "Surely You have driven me out this day from the face of the ground; I shall be hidden from Your face; I shall be a fugitive and a vagabond on the earth, and it will happen that anyone who finds me will kill me." {15} And the LORD said to him, "Therefore, whoever kills Cain,

vengeance shall be taken on him sevenfold." And the LORD set a mark on Cain, lest anyone finding him should kill him.

{16} Then Cain went out from the presence of the LORD and dwelt in the land of Nod on the east of Eden...

{25} And Adam knew his wife again, and she bore a son and named him Seth, "For God has appointed another seed for me instead of Abel, whom Cain killed." {26} And as for Seth, to him also a son was born; and he named him Enosh. Then men began to call on the name of the LORD.

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**Outer Aim** Cain murdered his brother Abel.

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**What the Story Tells Us** - Fill in the blanks using the words from the box.

jealous murder	repent Jesus	Abel sin	lied kill	accept heart
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1. \_\_\_\_\_ gave his offering out of faith and love for God.
2. God did not \_\_\_\_\_ Cain's offering.
3. Cain became \_\_\_\_\_ of Abel.
4. All sin begins in the \_\_\_\_\_.
5. God warned Cain about the \_\_\_\_\_ in his heart.

6. Cain's sin of hatred led to the sin of \_\_\_\_\_.
7. Cain \_\_\_\_\_ to God when God asked where Abel was.
8. God gave Cain a chance to \_\_\_\_\_ of his sin.
9. God put a mark on Cain so no one would \_\_\_\_\_ him.
10. Only \_\_\_\_\_ can keep us from sinning like Cain did.

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**Inner Aim** Sin begins in the heart but righteousness begins with Christ.

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**What God Tells Us** - Discuss these questions as a class.

1. Why do we give offerings to the Lord?
2. When is God pleased with our offerings?
3. Name some ways in which we "give" to the Lord even if we don't have any money.
4. Trace the sins of Cain all the way through the story and show how one sin led to another.
5. Talk about some things that make you feel angry. Discuss how these feelings could lead to sinful actions.
6. Why is it impossible for us to overcome our sinful thoughts and actions on our own?

**Your Turn** - Using your Bible, look up James 1:15 and write down the progression of sin.

## Passage

1 Samuel 16:7b - "Man looks at the outward appearance, but the LORD looks at the heart."

1 John 3:15 "Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him."

## Hymn - TLH 655

I pray Thee, dear Lord Jesus, my heart to keep and train  
That I Thy holy temple from youth to age remain.  
Turn Thou my tho'ts forever from worldly wisdom's lore;  
If I but learn to know Thee, I shall not want for more.

## Prayer

Heavenly Father, So often we are like Cain with feelings of anger, jealousy and hatred in our hearts. Often these feelings turn into actions and we say and do things that hurt others. Send Your Holy Spirit to make our hearts clean and full of love for others. Thank You for sending Your Son to die for all our sins. In His name we ask for Your forgiveness. Help us to live as Your children. Amen.