

# Cain & Abel

Genesis 4:1-16, 25-26

Why do you think the cross and heart are together?

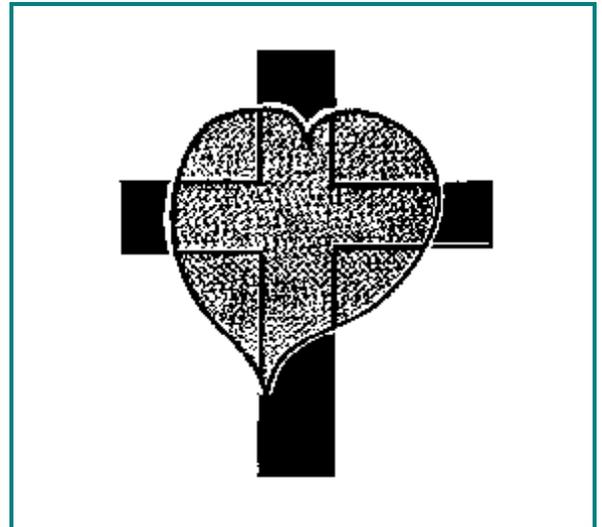
Where does all sin begin?

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** - Put an **X** before each **TRUE** statement.

1. \_\_\_\_ Cain and Abel brought offerings to God.
2. \_\_\_\_ God was pleased with Cain's offering.
3. \_\_\_\_ God accepted Abel's offering because Abel believed in the promise of a Savior.
4. \_\_\_\_ Cain was jealous of Abel.
5. \_\_\_\_ Cain let the devil rule in his heart.
6. \_\_\_\_ Cain asked God to forgive his sin.
7. \_\_\_\_ Cain wandered far from home and from God.
8. \_\_\_\_ You should love your neighbor as yourself.
9. \_\_\_\_ It is all right to think evil as long as we don't actually do it.
10. \_\_\_\_ Whoever hates his brother is a murderer.
11. \_\_\_\_ God will forgive us all our sins because Jesus died for us.

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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.

## Passages

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."

### The Fifth Commandment

You shall not murder.

*What does this mean?*

We should fear and love God that we do not hurt nor harm our neighbor's body, but we should help and be a friend to him in every bodily need.

## 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.