

Cain and Abel, the First Murder

Introduction:

After God sent Adam and Eve away from the Garden of Eden, Adam slept with his wife. She got pregnant and gave birth to a son. She named him Cain, meaning “I’ve gotten a man with God’s help.”

Later, she gave birth to a second son. She named him Abel (“Breath”).

Story:

Abel was a shepherd. Cain was a farmer. One day Cain brought an offering to the Lord from the produce he’d grown. Abel also brought an offering to the Lord—from the firstborn of his flocks and their best cuts of meat. God liked Abel and his offering, but He didn’t give his approval to Cain or his offering. This made Cain angry, and he sulked.

God asked Cain: **"Why this tantrum? Why the sulking? If you do well, won't you be accepted? And if you don't do well, sin is lying in wait for you, ready to pounce; it's out to get you, you've got to master it." (Genesis 4:6, 7)**

Cain got into it with Abel out in the field. He ended up losing his temper and killing his brother.

God said, “Cain, where is your brother, Abel?”

Cain’s response was: “Am I my brother’s keeper (or babysitter)?”

Then God spoke: **"What have you done! The voice of your brother's blood is calling to me from the ground. From now on you'll get nothing but curses from this ground; you'll be driven from this ground that has opened its arms to receive the blood of your murdered brother. You'll farm this ground, but it will no longer give you its best. You'll be a homeless wanderer on Earth." (Genesis 4:10-12)**

Cain thought his punishment was more than he could bear. He pleaded with God not to make it so great. He thought that whoever found him wandering would kill him.

God reassured Cain that no one would kill him. God said he’d put a mark on Cain to protect him.

Cain left the presence of God and went to live in the Land of Nod (a real no-man’s land east of Eden). He slept with his wife and she gave birth to a son named Enoch. Over time, the descendants of Cain became more evil in the earth.

Then Adam slept with Eve, and she conceived another son. She named him Seth, meaning “God has given me another son to replace Abel whom Cain killed.” Adam’s son, Seth, was just like him.

When Seth was 105 years old he had a son named Enosh. That’s when men began to worship and pray in the name of God.

Summary:

Did you notice how God told Cain that sin was waiting to pounce on him? He told Cain that he had to learn to master it. So there is a part we play in the process of sin. We can’t just say, “The devil made me do it.” We have to exercise self-control over it. In Cain’s case he had a bad temper. He let his temper get the better of him, causing him to fight with his brother and kill him. He was jealous of Abel, but he wasn’t really mad at Abel. He was angry with God. He didn’t like God giving His approval to Abel’s sacrifice and not his. The end result of Cain losing control was his brother’s death and being banished from God’s presence for the rest of his life.

Isn’t it amazing that in spite of Cain’s sin, God put a mark on Cain to protect him? God said that anyone who tried to kill Cain would pay seven times over.

In this story we see that two lines of human beings were started: an evil line that descended from Cain and a godly line that descended from Adam and Eve’s third son, Seth.

What can we learn about sin and self-control from this story? One Bible verse that I really like says, “My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. Your anger can never make things right in God’s sight.” (James 1:19.20, NLT)

Discussion Questions:

1. Describe Abel.
2. Describe Cain.
3. Why do you think God approved of Abel’s sacrifice and not Cain’s?
4. What did Cain kill Abel?

5. When God asked Cain where his brother was what did Cain respond?
6. Didn't God already know where Abel was? How?
7. What was Cain's punishment for killing his brother?
8. How did God show mercy on Cain?
9. Where did Cain live? What were his descendants like?
10. Describe Seth. What happened after Seth was born?
11. Let's memorize **James 1:19, 20** this week--**"My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. Your anger can never make things right in God's sight."**