



Life Guide/Closer Look

Applying God's Word to life

Cain and Abel

September 1-3, 2018

Genesis 4:1-16 ¹Adam lay with his wife Eve, and she became pregnant and gave birth to Cain. She said, "With the help of the LORD I have brought forth a man." ²Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil. ³In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. ⁴But Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, ⁵but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. ⁶Then the LORD said to Cain, "Why are you angry? Why is your face downcast? ⁷If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it." ⁸Now Cain said to his brother Abel, "Let's go out to the field." And while they were in the field, Cain attacked his brother Abel and killed him. ⁹Then the LORD said to Cain, "Where is your brother Abel?" "I don't know," he replied. "Am I my brother's keeper?" ¹⁰The LORD said, "What have you done? Listen! Your brother's blood cries out to me from the ground. ¹¹Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand. ¹²When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth." ¹³Cain said to the LORD, "My punishment is more than I can bear. ¹⁴Today you are driving me from the land, and I will be hidden from your presence; I will be a restless wanderer on the earth, and whoever finds me will kill me." ¹⁵But the LORD said to him, "Not so; if anyone kills Cain, he will suffer vengeance seven times over." Then the LORD put a mark on Cain so that no one who found him would kill him. ¹⁶So Cain went out from the Lord's presence and lived in the land of Nod, east of Eden.

1. Read this account as a play. The parts are: Narrator/Eve, Cain, and the LORD. Pay special attention to the tone of your voice as you read each part. Defend your tone with facts you know about the characters.
2. What Bible passages from other scriptures show that Cain's problem started in his heart?
3. How might you address someone who is bitter like Cain (v. 5)? How did God?
4. What does conflict look like in your family? Take some time to write out an apology for your contribution to the conflict.
5. What did Abel's blood scream to God? What does family conflict scream to God? What does Jesus' blood scream to God?
6. How does God's forgiveness motivate us to confess our sins?