Cain and Abel

Genesis 4:1-26

Bible Memory Verse

Galatians 5:26 NLT

Let us not become conceited, or irritate one another, or be jealous of one another.

Bible Story

Sin—it has horrible, destructive consequences. Adam and Eve had disobeyed God and now the rest of humanity will suffer from this inherent disobedience.

Adam and Eve co-created (procreated) more humans (made in the image of God). Their first child was named Cain—meaning, brought forth or acquired. Eve said, "With the help of the Lord I have brought forth a man" (Genesis 4:1). "Later," the Bible says, "she [Eve] gave birth to his brother Abel" (Genesis 4:2).

And this is the story of the first two brothers, Cain and Abel:

> *"Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. But Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.*
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> *"Then the LORD said to Cain, 'Why are you angry? Why is your face downcast? If 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.'*
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> *"Now 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" (Genesis 4:2-8).*

Why God accepted Abel's offering and not Cain's is up for debate. Did Cain and Abel know ahead of time what was acceptable to the Lord and what was not? Who knows.

The problem, however, was not the terms of acceptable-ness, but rather the response to it. Cain's response to the Lord's dis-favor was anger and jealousy. He had sin crouching at his door. The Lord's dialogue with Cain was apt. He asked why Cain was angry and downcast. "Do what is right…" the Lord said. In other words, it is not what happened to you, Cain, that will be the problem, but rather it is your response to what happened to you that could be your undoing. Respond well and do what is right—good. Respond poorly and do what is wrong—bad.

Cain decided to respond poorly—bad. He killed his very own brother. The first murder. The continual result of Adam and Eve's sin and disobedience—pain. Consequently, Cain was banished as a restless wanderer on the earth. Kind of like how his parents, Adam and Eve, were banished from the Garden of Eden for their sinful actions. Sin opens a door for us to do wicked things that we never thought we would be capable of doing.

Life Application

This transfers to us—sin. Things in life are going to happen to us:

- We are going to get blamed for stuff that we didn't do
- A friend is going to break a toy of yours on accident (or maybe on purpose)
- Your brother or sister is going to get on your nerves
- Your parents are going to punish you for doing bad things.

And on and on.

But remember, it is not about what happens to you, it is about how you deal with what happens to you determines whether or not you are going to do what is good in the sight of the Lord or bad. A positive, mature reaction, or a negative, immature reaction. A holy response, or a sinful response.

Next time something bad (or good) happens to you, stop and think about how you are going to respond – good way (holy), or bad way (sinful).

Review Questions

1. What were the names of Adam and Eve's two sons? Cain and Abel.
2. What did Cain offer to God? Fruits of the soil.
3. What did Abel offer to God? Portions of the firstborn of the flocks.
4. Which brother's sacrifice did God find favorable? Which one did He like? Abel's.
5. What BAD thing did Cain do to his brother Abel? He killed him.

Coloring Sheet

Next page



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