

Cain & Abel

Session EIGHT

TEACHING NOTES

The sinfulness of humanity (Genesis 4:1-4)

Romans 5:12 – Sin entered the world

A response of faith (Genesis 4:5 & Hebrews 11:4)

Hebrews 11:6 – Faith vs. unbelief

By faith, Abel brought a more acceptable offering

God accepted Abel's offering and rejected Cain's

KEY VERSE(S)

Genesis 4:1-16, 25-27

KEY THEME(S)

The sinfulness of humanity
The freewill of humanity
God's gracious pursuit
A response of faith

The payment of sin is death

Faith is the confidence that what we hope for will actually happen; it gives us the assurance about things we cannot see. –Hebrews 11:1

It was by faith that Abel brought a more acceptable offering to God than Cain did. Abel's offering gave evidence that he was a righteous man, and God showed His approval of his gifts. Although Abel is long dead, he still speaks to us by his example of faith. – Hebrews 11:4

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mercy = not getting what we deserve

The freewill of humanity (Genesis 4:6-7)

Genesis 2:15-17 – The will to choose

God’s gracious pursuit (Genesis 4:8-16)

God is the judge

The birth of Seth (Genesis 4:25-27)

God has a plan

Genesis 3:15 – the promised redeemer

PERSONAL STUDY**NOTES**

Each week, we have provided you with a guide for personal study and reflection over what has been taught. In order to grow your personal relationship with God you must spend regular, personal time with Him. Our aim was to give you about 40 to 60 minutes worth of study. We have now broken this time up into two 20-minute sessions to more easily fit this study into your life. We highly encourage you to make room in your weekly schedule for this time with God and His word.

Session 1 (approximately 20 minutes)**Prepare your heart and mind.**

Begin your time with God by asking the Holy Spirit to quiet your mind and turn your heart towards Him.

Read Genesis 4:1-16

Cain and Abel's actions were evidence of their beliefs about God and their relationship with Him. Based on this, what did Cain believe? What did Abel believe?

What was God's response to Cain's frustration? What is God trying to do for Cain?

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In Cain you see a man who believed God existed. In Abel you see a man who not only believed God existed but also that God speaks and has the right to tell you what to do.

Based on your actions, what could one say about what you believe about God and your relationship with Him?

What do you want your actions to say about what you believe about God and your relationship with Him?

Application

Thinking back over the last eight weeks, what is something about God (His character, His word, etc.) or your relationship with Him (your worldview, etc.) that has stuck with you?

How has that impacted your life? What could God be challenging you to do about it?

Key Verse

Take some time this week to memorize Hebrews 11:6. Write it out on a note card or Post-it and put it where you can see it throughout the day.

“And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.”

Prayer Time

Spend some time talking to God. The key in prayer is honesty. You don't have to use big words or long sentences – just be yourself. Talk to God the same way you would to a trusted friend whom you love deeply.

Take some time to thank Him for the story of Cain and Abel and it's example of faith. Ask the Lord to continue to teach you from this story. Pray that He reveals more about Himself through the examples of Cain and Abel.

Finish your time by sharing with God what might be concerning you right now. Ask for His insight, wisdom, and peace.

Session 2 (approximately 20 minutes)

Prepare your heart and mind

When we spend time with God we want as much of our focus to be on Him as possible. Sit quietly for a couple minutes asking God to help you be fully present with Him.

Read Hebrews 11:1,4,6

What did faith look like in Abel's life?

What does faith look like in your life?

How might God want faith to look in your life?

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NOTES**Application**

What do you know more about God and faith after this week's teaching and personal study time than you did before?

How are you going to apply that to your life?

Key Verse

Continue to work on memorizing Hebrews 11:6. See if you can write it from memory below.

Prayer Time

One of the ways you get to know another person is by talking and listening to them – the same is true with God. God desires us to spend time communicating with Him.

Thank the Lord for something He has done for you. Share with God what is on your heart and mind. Pray for any needs you have in your life.

Then take some time to thank Him for the story of Abel's faith. Ask the Lord to continue to teach you from this story – to reveal more about Himself through this example.

Finish your time with the Lord in a time of silence. Ask the Lord to speak to you and then quiet your heart and listen.

PARENT GUIDE

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For Elementary-Age

In the story of Cain and Abel, we learn what sin can do to our hearts. In Genesis 4:7, God warns Cain that “sin is crouching at the door” of his heart. Repeatedly God gave Cain the opportunity to do the right thing and each time Cain let sin enter in instead of righteousness. Sin separates us from God. The more sin that enters our heart the further away from God we become and our hearts become cold and hard leaving no room for God to live there. What Cain needed to do was confess and tell God what he did and ask God to forgive him. God wants our whole heart, because He knows the damage that sin can do. We need His help and His forgiveness every day in order to keep our hearts “soft” towards God.

Try this activity together as a family:

Objective: Children will race to soften frozen gum and blow a bubble, and then talk about the condition of their hearts.

Supplies: Bible, Bubble Gum **Time:** 5 to 10 minutes

Preparation: The day before the game, freeze the packages of gum. Read Genesis 4:1-16 a few different times and then maybe again just before the activity.

Retell the story of Cain and Abel from memory to your children and then read aloud 1 John 3:12. **SAY: Let’s play a game to show what a cold, hardened heart like Cain’s might feel like!** Give each child a frozen piece of bubble gum. As kids try to soften it up, **SAY: When your cold heart gets warm enough, see who can blow the first bubble.**

After kids have blown bubbles, ask:

- **How was the cold gum like a cold heart?**
- **What did you have to do to blow a bubble?**
- **What sorts of things are difficult to do if your heart is cold?**
- **What do we have to do to keep our hearts from becoming cold and hateful?**

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