

Cain and Abel Genesis 4:1–18

*“Then the LORD said... ‘...sin is crouching at your door;
It desires to have you, but you must master it.’”* Genesis 4:6, 7

Day 1: Read Genesis 4:1–5.

1. When Eve gives birth to her first son, Cain, she cries, “With the help of the LORD I have brought forth a man” (vs.1). One commentator calls this the “cry of faith” that “lifts the situation out of the rut of the purely natural to its true level.” Pray that God will give you spiritual eyes to see everything that happens to you today as being from his hand.

2. Cain is into agriculture and Abel is into animal husbandry. Is one profession more godly than the other, or did God create both for good? (Col. 3:23)

3. “The LORD looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor” (vv.4, 5). What hint in verses 3 and 4 do you have of the sweet savor of Abel’s sacrifice, as contrasted to the lack of comment regarding Cain’s?

Days 2 &3: Genesis 4:1–9.

4. What kind of sacrifices does God reject? (Isa.1:11–17; Mal. 1:14)

5. The sacrifices of Cain and Abel are the first examples in history of dead and worthless religion versus true spiritual worship. What kind of worship do you render to God in your Sunday gatherings, in the words of your lips, in your deeds and attitudes?

6. What deeper insight does the New Testament give us into Cain? (1 Jn. 3:10–15) What is Cain’s sin — defective vegetables or a defective heart?

7. How can we know and reassure ourselves that we really love the LORD, as we say we do? (1 Jn. 3:14, 16; 4:19–21; 5:3)

8. What does Hebrews 11:4 say about why Abel’s sacrifice is pleasing to God?

9. Abel lived a short life and his death may seem tragic, but what is Scripture's evaluation of this short life? (Heb. 11:4)

Day 4: Genesis 4:6–10.

10. What hints do we have in verse 7 that there is a malevolent being lurking behind temptation and sin? Compare this description of sin “crouching” and “desiring” with 1 Pet.5:8.
11. How does God enable us to “master” sin when we are faced with temptation? (1 Cor. 10:13; Eph. 6:10–18; Heb. 4:15, 16, 7:25)
12. No sin is hidden from God. Abel's blood “cries out” to God from the ground.
- a. Whose blood alone cries out effectually to God on your behalf? (Heb. 12:22–24)
 - b. How do you think his blood speaks a “better word”?

Day 5: Read Genesis 4:10–18.

13. The work of Cain's hands will be cursed because he has refused to repent. How can you find “times of refreshing” from the LORD even after you have sinned greatly? (Acts 3:19)
14. How does God show his kindness to even wicked and unrepentant Cain? (vs.15) Why do even people who don't acknowledge God often seem to prosper? (Ps. 73:1–3,16,17, 27, 28; Mt. 5:45b)
15. What are God's mercies and kindnesses toward sinners meant to do? (Rom. 2:4)