



Abel

Church of God Sunday School

CAIN AND ABEL

Genesis 4:1-16



Cain

Do you remember the story of how God created the world, the plants, the animals, and the first man and woman—Adam and Eve? God created a beautiful place for Adam and Eve to live. It was called the Garden of Eden.

But Adam and Eve were disobedient to God, and they had to leave their beautiful home. Because of sin, the ground became cursed (thorns and thistles had to be continually weeded out). Adam had to work hard and till the soil to have food for him and his wife. Sin made life much harder.

After leaving the Garden of Eden, Adam and Eve had two sons. The first son was named Cain, and the second son was named Abel. Time passed, and the boys grew up. Cain was "a tiller of the ground" (a farmer), and Abel was "a keeper of sheep" (a shepherd).

"And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the Lord." Abel also brought an offering. He "brought of the firstlings of his flock." (Notice that Cain brought a portion of fruit, but Abel brought "the firstlings," or the firstborn.)

As God looked upon both offerings, He saw that "Abel offered unto God a more excellent sacrifice than Cain" (Hebrews 11:4). So, the Lord had respect to Abel and for his offering. "But unto Cain and to his offering he had not respect."

When God did not accept Cain's offering, Cain was very angry, even though it was his own fault. Cain's face showed how angry he was! The Lord asked Cain, "Why art thou wroth? and why is thy countenance fallen?" (God knew why Cain was angry. He asked these questions to help Cain see his need.)

Why was Cain's offering rejected? God said that it was because "sin lieth at the door." Cain's "own works were evil, and his brother's righteous" (1 John 3:12).

God told Cain, "If thou doest well," then he would "be accepted," just as Abel and his offering were accepted. But Cain did not heed the warning from God.

One day "Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him." Cain

killed his own brother! He became the first murderer. Maybe Cain thought no one had seen what he had done, but God sees everything.

The Lord asked Cain, "Where is Abel thy brother?"

Cain said, "I know not: Am I my brother's keeper?" (Was Cain telling the truth? Did Cain seem to be sorry for what he had done?)

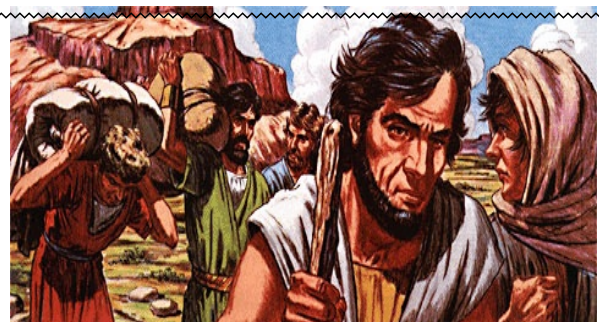
God told Cain that the blood of Abel was crying unto Him from the ground. God then told Cain what his punishment would be: "And now you will be cursed in your work with the ground. . . . You will work the ground. But it will not grow good crops for you anymore. You will wander around on the earth" (*International Children's Bible*).

Cain said to the Lord, "My punishment is greater than I can bear." Because God had made Cain "a fugitive and a vagabond" to wander all over the earth, Cain was afraid that anyone who found him would try to kill him. So, the Lord placed a mark upon Cain to identify him. If any person would kill Cain, that person would receive vengeance from God sevenfold, or seven times more.

"And Cain went out from the presence of the LORD, and dwelt in the land of Nod, on the east of Eden." Cain not only left his homeland and his family, but he also left the presence of God. Sin had separated Cain from God forever.

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**MEMORY VERSE:**

*". . . My punishment is greater than I can bear."  
—Genesis 4:13*



Cain Became a Fugitive