

## CAIN AND ABEL

*Our actions reveal the true motivation of our hearts.*



THE STORY: GENESIS 4:1-5

MONDAY

## True worship comes from the heart.

Cain went through the motions of offering a sacrifice up to God but it became clear that he was not celebrating God's goodness by giving up the first or the best of what he had. His heart was revealed in his actions when the Lord looked with favor on Abel's offering.

### TALK ABOUT IT:

What does it mean to worship? *(We often define worship too narrowly—singing praises to God. In reality, anything we do for the glory of God is worship. Romans 12:1 tells us that living a holy life is a spiritual act of worship to God. Paul tells us in 1 Corinthians 10:31 that everything we do can be done for the glory of God or for our own glory.)*

How can we bring glory to God all day long? *(We can start the day reviewing the gospel and then spend the day depending on God to help us to obey his Word. Everything we do can bring him glory. Encourage your children to give some specific examples.)*

### PRAY:

Ask God to help you to worship him with a heart of love toward God in everything you do today.



THE STORY: GENESIS 4:1-12

TUESDAY

## Unrepentant sin will bring destruction

Unrepentant sin will bring destruction. Galatians 6:7-8 tells us that we reap what we sow. Here in this story of Cain and Abel we see how true that is as we observe the consequences of Cain's anger. Cain had the opportunity to repent of his sin when the Lord warned him but instead Cain's anger burned so much that nothing, not even God's warning, could stop him from killing his brother.

**TALK ABOUT IT:**

How does God warn us today? *(We have God's Word written down for us. Just as God spoke directly to Cain, he speaks directly to us through his Word. We also have the Holy Spirit and our conscience to remind us of what God has said in his written Word.)*

Look up Psalm 119:103-105. Read it and then ask if anyone can offer an example of how God's Word teaches us how to live. *(One example would be Colossians 3:19-21, which is good for the whole family.)*

**PRAY:**

Ask God for the grace to follow his Word and so avoid the consequences of sin.



THE STORY: HEBREWS 12:22-24

WEDNESDAY

## Where is Jesus?

Though Abel's innocent blood was shed by a sinful man, it did not reverse the curse or reconcile man to God. A more perfect sacrifice was needed—and Jesus is that sacrifice. Hebrews 12:24 says we have come “to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.”

Abel was not sinless. It would take a sinless sacrifice to reverse the curse of sin. Jesus offered an acceptable sacrifice for he had committed no sin.

**TALK ABOUT IT:**

How should we live our lives in light of the fact that Jesus gave up his life to pay the penalty for our sin? *(We should honor his sacrifice by living according to his Word.)*

**PRAY:**

Ask God for help to honor Christ today by living according to God's Word. We need grace each day to follow Him.





## God's grace extends even to those who are disobedient.

God's grace extends even to those who are disobedient. God could have judged Cain immediately after his offering was found to be unacceptable but instead God allowed Cain to live. When Cain became angry, God could have judged Cain's anger immediately but instead God warned him. When Cain rebelled against God's warning and killed his brother and was driven away, God could have abandoned him immediately but instead God placed a mark on Cain's head for protection. Psalm 103:10 describes God as not treating us as our sins deserve or repaying us according to our iniquities. God's grace and patience are evident again and again in Cain's life.

### TALK ABOUT IT:

What did Cain deserve for his punishment? (*Like all of us, Cain sinned against God. Because of his sin he deserved immediate death and separation from God forever.*)

Why didn't Cain (and why don't we) receive the just punishment for our sin? (*God poured out grace on Cain and pours out grace on us that we might trust God's plan of salvation through Jesus. The Old Testament people looked forward by faith to a Savior; we look back by faith and trust in what Jesus accomplished.*)

### PRAY:

Thank God for the grace he demonstrates toward us by not treating us as our sins deserve.



## On the road to Emmaus.

In Acts 4:25-26, Peter and John quote the first two verses of this psalm, revealing that the anointed one described in these verses is actually Jesus. It's important to note that David wrote this psalm nearly 1,000 years before Christ's birth. Peter and John also go on to say that Herod and Pontius Pilate met to conspire together against Jesus.

They said that Pilate and Herod only did what God's power "decided before hand should happen" (Acts 4:28).

### TALK ABOUT IT:

Does anyone know what word we use for “Anointed One?” (Messiah)  
How do you think Peter and John learned the prophetic meaning of this psalm?  
*(After Jesus’ resurrection, he taught his disciples the meaning of the Old Testament passages and how they pointed to him.)*

### PRAY:

Thank God that he has a plan for our lives which even David glimpsed 1,000 years before Jesus ever came. Ask God to help you today to live for him.

