



WHAT DOES IT MEAN TO ME?

Why do you think Cain killed Abel?

- 1) He hated herdsman.
- 2) He was jealous of his brother.
- 3) He was angry with God.

Hebrews 11:1-4 sheds more light on this story. What is God looking for from your offering?

When have you felt like Cain?

What do you do when you are jealous of someone?

- 1) Get revenge.
- 2) Pray about it.
- 3) Talk to your best friend.

Think of a time when God convicted you of sin. How do you respond to His correction?

- 1) By denying my guilt.
- 2) By trying to do better.
- 3) By confessing.

Read **1 John 4:7-8**. This passage describes our need for a Savior, and the transformation that occurs in our hearts when we come to Christ. Compare this passage with the picture of mankind we get from Genesis 4. Our only hope is for God to change us from the inside out. Which part of you needs the greatest change from the Savior?

How have you noticed the hand of God at work, transforming (changing) your heart and life?

On a scale of 1 to 10, with 10 being very close, how would you describe your relationship with God right now?

1 2 3 4 5 6 7 8 9 10

The Grace Factor

Read the song that Cain's descendant, Lamech, sang for his wives in **Genesis 4:23-24**. How do you see the fast progression of sin?

How does this foreshadow God's future choice to send a Savior to the world?

KEEP THIS PAGE IN YOUR BIBLE OR IN A NOTEBOOK
WITH YOUR OTHER JOURNAL ENTRIES.



Cain and Abel BETWEEN THE LINES

Take some time to read the story of Cain and Abel in Genesis 4:1-16. Try reading it aloud. If you need an audience, ask a family member to listen.

WHAT DOES IT SAY?

Which verses indicate the sin in Cain's heart?

What made Cain angry, and what did God tell him to do concerning his problem?

Cain did not follow God's words. What was his punishment for killing his brother? How did God protect Cain?



WHAT DOES IT MEAN?

In your own words, describe why God accepted Abel's offering but not Cain's.

Think for a moment about Cain's punishment. How do you think Cain felt when God said He would protect him?

What does Cain's response to his punishment tell you about him?

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