

**“Crouching”
Genesis 4:1–16**

Mt Lassen Community Church • June 29, 2025

Intro • *What are the most minor, silly things that drive you nuts?*

Vs 1–5 • Why does God regard Abel’s offering, but not Cain’s? Several reasons: Cain was...

- ...in the flesh • **James 3:14–16 & 4:1–2**
- ...unrepentant • **1 John 3:8, 10–13**
- ...lacked faith • **Hebrews 11:4**

Discuss • *Review the above passages. What light do they shed on the story of Cain & Abel?*

Did God reject Cain’s offering because it was *grain* and not *an animal*? **Possibly**—but offerings in scripture can be grain or meat. **Better** → Abel brought the *first* of his flocks, but Cain brought grain “*in the course of time*” (meaning, not the first of the harvest, but the last!) Their offerings represent the condition of their HEART & their FAITH!

Discuss • *Why do you think God rejected Cain’s offering—and how did they know which was accepted and which was rejected?*

Vs 6 • “Why are you angry”—Cain might say, “because you didn’t receive my offering,” but it was actually *jealous rage, sin, lack of faith, etc.* → *The reason you THINK you are angry is probably NOT the correct answer! There is surely a DEEPER reason to uproot from your heart!*

Vs 7 • “Do well, and master the crouching beast” = God gave Cain a chance to quit! **Problem:** Cain *knew* the beast was there! His anger is building; he is jealous; he is thinking hateful thoughts. This is all *premeditated*. **Lesson:** Cain DOWNPLAYED the danger of the beast at the door! Instead of an *enemy*, Cain saw an *excuse* to murder!

How we “master” our prone-to-sin flesh—

*If you are **spiritually dead** – then the FLESH influences the mind by passions and desires—*

~~SPIRIT~~

FLESH → PASSIONS & DESIRES → MIND & WILL

*But if you are **spiritually alive**, then your spiritual nature rules over your mind, which can then rule over the flesh—*

SPIRIT → MIND & WILL → PASSIONS & DESIRES

~~FLESH~~

*So, in Christ, sin no longer holds the predominate place of influence over our minds, but rather the Holy Spirit! But the FLESH is still present and inherently wants to sin. So, we **MUST** and **CAN** master it by the SPIRIT!*

Go deeper • *These scriptures tell us how can walk in the Spirit and tame the flesh → Ephesians 4:20–24 • Galatians 5:16 • 1 Corinthians 9:25–27 • Philippians 3:12–14 • Romans 12:2 • 1 Peter 1:3–4 • Hebrews 4:12 • Galatians 2:20 • Romans 8:11*

Vs 8–9 • God is THERE, but Cain still commits murder! Be warned: we must nip temptation in the bud the moment it sprouts. Don’t let it grow!

Vs 10 • Jesus’ blood cries out FOR us, not against us (like Abel’s)

Vs 11–14 • Cain is sorrowful over his punishment, not his sin! This isn’t true repentance.

Vs 15 • God gives Cain mercy—a mark of protection (an expensive gift of grace paid for at the Cross of Jesus)...

Vs 16 • ...but sadly, Cain still leaves the presence of the LORD.