

GENESIS

THE BEGINNING OF GOD'S RELENTLESS PLAN

Part 4: The Cain Pain | July 1 & 2, 2017

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Genesis Recap

Genesis 1: God creates everything and calls it good.

Genesis 2: Man meets Woman and says "Whoa, man!" And it was very good.

Genesis 3: Adam eats the fruit and blames Eve, and it was not good.

Genesis 4: Cain's Story of Pain; he kills his brother, Abel.

Genesis 4:1-12

Now Adam knew Eve his wife, and she conceived and bore Cain, saying, "I have gotten a man with the help of the Lord."² And again, she bore his brother Abel.

Now Abel was a keeper of sheep, and Cain a worker of the ground.³ In the course of time Cain brought to the Lord an offering of the fruit of the ground,⁴ and Abel also brought of the firstborn of his flock and of their fat portions. And the Lord had accepted Abel and his offering,⁵ but for Cain and his offering he had no regard. So Cain was very angry, and his face fell.

⁶The Lord said to Cain, "Why are you angry, and why has your face fallen?⁷ If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is contrary to you, but you must rule over it."

⁸Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him.

⁹Then the Lord said to Cain, "Where is Abel your brother?"

He said, "I do not know; am I my brother's keeper?"

¹⁰And the Lord said, "What have you done? The voice of your brother's blood is crying to me from the ground.¹¹ And now you are cursed from the ground, which has opened its mouth to receive your brother's blood from your hand.¹² When you work the ground, it shall no longer yield to you its strength. You shall be a fugitive and a wanderer on the earth."

"Sinful people inevitably result in dysfunctional families and societies."

Now Adam knew Eve his wife, and she conceived and bore Cain, saying, "I have gotten a man with the help of the Lord." – Genesis 4:1

Cain's name means to acquire, to gain.

Cain's First Pain: He was a disappointment.

And Adam knew his wife again, and she bore a son and called his name Seth, for she said, "God has appointed for me another offspring instead of Abel, for Cain killed him." – Genesis 4:25

How God says we can break the pattern:

In verse 7, the word “rules” in the Hebrew is *timshol*:
to exercise dominion over; to rule, govern or master.

Cain’s Second Pain: He became depressed.

In the course of time Cain brought to the Lord an offering of the fruit of the ground, and Abel also brought of the firstborn of his flock and of their fat portions. And the Lord had regard for Abel and his offering, but for Cain and his offering he had no regard. So Cain was very angry, and his face fell.

- Genesis 4:3-5

Youth Suicide Statistics:

- Suicide is the second leading cause of death for ages 10-24
- Suicide is the second leading cause of death for college-age youth and ages 12-18.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, combined.
- Each day in our nation, there are an average of over 5,240 attempts by young people grades 7-12.
- 4 out of 5 teens who attempt suicide have given clear warning signs.

Cain’s Last Pain: He didn’t die.

Cain said to the Lord, “My punishment is greater than I can bear. Behold, you have driven me today away from the ground, and from your face I shall be hidden. I shall be a fugitive and a wanderer on the earth, and whoever finds me will kill me.”

Then the Lord said to him, “Not so! If anyone kills Cain, vengeance shall be taken on him sevenfold.” And the Lord put a mark on Cain, lest any who found him should attack him. Then Cain went away from the presence of the Lord and settled in the land of Nod. east of Eden. - Genesis 4:13-16

Two Take-Aways

1. “Timshol” disappointment (2 Timothy 1:7; 1 John 4:4)
2. Be a keeper (Genesis 4:7)

Small Group Questions

- 1) Have you ever heard the “Cain side” of the story as opposed to always hearing the “Abel side” of the story?
- 2) Do you, or does someone you know, walk around with a Cain story? Which of Cain’s pains do you associate with most – disappointment, depression, or where the only answer is death?
- 3) Have you seen God’s compassion on someone who has messed up like Cain did? Tell us about it.
- 4) If you have patterns of pain but you’re unsure of their source, who could you talk to to help you figure that out?
- 5) How can we pray for you right now and throughout the week?