

Open It!

Describe one of the standout individuals from your family tree.

Discuss It!

What do we learn about God's role in the generations of Adam (5:1-2)?

Who are some stand out individuals in the generations of Adam (5:3-32)? What is it that makes them stand out?

What do we learn about Seth (4:25-26 and 5:3)?

What do we learn about Enoch (5:21-24)?

What do we learn about Noah (5:28-30)?

What do you think it means to walk with God (5:22)?

How does the Bible describe others who walked with God (6:9; Micah 6:8; Malachi 2:6)?

How does the Psalmist desire to walk (Psalm 1:1; Psalm 119:1, 3, 35, 45)?

How does the Apostle Paul encourage us to walk (Ephesians 2:1-10; 4:1, 17; 5:2, 15)?

What does the Apostle John teach about walking with God (1 John 1:6, 7; 2:6, 11)?

Live It!

What is one thing you can do this week to improve your walk with God?

Memorize Psalm 1:1-6 (one verse a day in the coming week).

Lessons in Life From our Forefathers

The Generations of Adam

Genesis 5:1-32

Sunday, April 19, 2026

Sermon in a Sentence

We Live. We Die. It is how we live that matters!

Adam Lived. Adam Died. The Legacy of Adam.

*When God created man, he made him in the likeness of God.
2 Male and female he created them, and he blessed them and named them Man when they were created. 3 When Adam had lived 130 years, he fathered a son in his own likeness, after his image, and named him Seth.*

Genesis 5:1-3 (ESV)

Seth Lived. Seth Died. The Legacy of Seth.

To Seth also a son was born, and he called his name Enosh. At that time people began to call upon the name of the Lord.

Genesis 4:26 (ESV)

Enoch Lived. Enoch Walked with God.

Enoch walked with God, and he was not, for God took him.

Genesis 5:24 (ESV)

Lamech Lived. Lamech Died. The Legacy of Lamech.

When Lamech had lived 182 years, he fathered a son ²⁹ and called his name Noah, saying, "Out of the ground that the Lord has cursed, this one shall bring us relief from our work and from the painful toil of our hands."³⁰ Lamech lived after he fathered Noah 595 years and had other sons and daughters.

Genesis 5:28–30 (ESV)

You're Alive. You will Die. How will you Live?