

# Stories *RETOLD*

Cain and Abel

# Genesis 4:1-14 NIV

*Adam made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, "With the help of the Lord I have brought forth a man." Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to the Lord.*

*<sup>4</sup>And Abel also brought an offering—fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. Then the Lord said to Cain, “Why are you angry? Why is your face downcast?”*

*<sup>7</sup>If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.” Now Cain said to his brother Abel, “Let’s go out to the field.” While they were in the field, Cain attacked his brother Abel and killed him.*

*<sup>9</sup>Then the Lord said to Cain, “Where is your brother Abel?” “I don’t know,” he replied. “Am I my brother’s keeper?” The Lord said, “What have you done? Listen! Your brother’s blood cries out to me from the ground. Now you are under a curse and driven from the ground, which opened its mouth to receive your brother’s blood from your hand.*

*<sup>12</sup>When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.”*

*Cain said to the Lord, “My punishment is more than I can bear. Today you are driving me from the land, and I will be hidden from your presence; I will be a restless wanderer on the earth, and whoever finds me will kill me.”*

Stories *RETOLD*



*Adam made love to his wife  
Eve, and she became  
pregnant and gave birth  
to Cain.*

- Genesis 4:1

Cain – “smith”

*Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil.*

- Genesis 4:2

*In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. And Abel also brought an offering...*

**- Genesis 4:3-4**

*In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. And Abel also brought an offering...*

*- Genesis 4:3-4*

*Fat portions from some of  
the firstborn of his flock.*

- Genesis 4:4

*The Lord looked with favor on  
Abel and his offering, but on  
Cain and his offering he did  
not look with favor.*

**- Genesis 4:4-5**

*So Cain was very angry, and  
his face was downcast.*

- Genesis 4:5



*“Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right...”*

*- Genesis 4:6-7*

Disobedience makes us  
very vulnerable to sin  
and temptation

*“Sin is crouching at your door;  
it desires to have you.”*

- Genesis 4:7

Disobedience clouds our  
judgment and turns our  
hearts against one another

Disobedience leads us  
further and further away  
from God and Eden

*“My punishment is more than I  
can bear. Today you are  
driving me from the land,  
and I will be hidden from  
your presence...”*

**- Genesis 4:13-14**

*“...I will be a restless wanderer on the earth, and whoever finds me will kill me.”*

*- Genesis 4:14*

Be humble and do the  
work of repentance



Choose the courage  
of obedience

*“Sin is crouching at your door;  
it desires to have you, but  
you must rule over it.”*

- Genesis 4:7

Cling to God's grace

*“My grace is sufficient for you.  
For my power is made  
perfect in weakness.”*

**- 2 Corinthians 12:9**