

# Cain & Abel

Lesson for Sunday, June 19, 2022

## INTRODUCTION:

- Divide learners into groups & give each group a blank piece of paper and a pen, instructing them to write a definition of worship. After three minutes, allow them to share.
- Next, direct attention to the board and ask: What actions can worship include? (*Possible answers: giving, serving, singing, speaking, praying, and reading God's Word.*) How are attitudes part of worship? (*Worship comes from the heart; it's more than doing the right things.*) List answers on the board.
- Discuss: Can you truly worship if you only focus on your actions? Or on your attitudes? Can you worship without both? Why or why not? Help learners realize that worship includes both actions and attitudes. Today we will see how the actions and attitudes of Cain and Abel impacted their ability to worship God.

## BIBLE STUDY:

1. God desires our best in worship (Gen. 4:1–5; Heb. 11:4).
  - a. Cain and Abel come to worship God. Such an act required that worshippers approach God with an offering that would make the worshippers suitable for God's presence.
  - b. The Bible does not tell us exactly when it happened, but at some point, before this event, God had clearly instructed the people what was required. We know from other passages that the offering was supposed to be a substitutionary sacrifice of innocent blood. Q: How can we assume this to be true?
  - c. In verse 4 we learn that Abel's offering was accepted by God, but in verse 5 we see that Cain's offering was rejected.
  - d. In verse 7 God implies that Cain knew what was expected and chose not to follow God's instructions.
  - e. What can we learn from these two brothers and the way they approached worship? What can we learn from this as it pertains to our own worship?
2. Abel teaches us that there is a right way to worship God.
  - a. Turn to Hebrews 11:4. Explain that Hebrews 11 is known as the "Hall of Faith" chapter with the word "faith" actually appearing 24 times. In verse 4 Abel is listed as a member of this group.
  - b. Notice Abel's offering was presented to God "by faith." Abel proved that he had taken God at His word (faith) when he followed God's instructions on the type offering to bring. Abel believed God and offered the type of sacrifice specified by God.
  - c. Abel's offering is also described as "excellent." Abel gave to God the best that he had – not leftovers or something he couldn't use.
  - d. Discuss: What is the difference between offering God some of our worship and the best that we have? How would someone attend our "worship services" and not give their best? How can we be sure to give our best when we do worship?
3. Cain reminds us that there is a wrong way to worship God, and when we don't deal with our wrong ways the results can be disastrous (Genesis 4:5-9).
  - a. Most of us are familiar with how Cain responded to his offering being rejected by God – he ultimately killed his brother.

- b. Ask: If you were Cain, how would you have felt when God found your offering unacceptable? (*Possible answers: angry, guilty, disappointed, or embarrassed.*)
- c. Do you ever think about your worship of God and whether or not it is acceptable to Him or not?
- d. Read Genesis 4:5–6. Notice first that Cain became angry (“very wroth”), then his countenance fell (others could see his anger).
- e. In verse 8, Cain was angry and probably had to lure Abel to an isolated place where he turned on Abel and killed his brother. But notice that it does not stop there!
- f. Read verse 9. Cain lied to God!
- g. Discuss: When did Cain’s sin begin? Did it begin through his reactions to God’s rebuff or did it begin with his worship? Why? (*It began with his worship, and grew because it was left unchecked.*)
- h. Discuss: When could Cain have stopped this progression that led to the murder of his brother? (*Once he recognized he had brought the wrong offering, he could have repented and replaced it with the right one!*)
- i. If Cain would have just come to God as God had instructed him to come, imagine all that could have been avoided.

The lives of both Cain and Abel show that our actions demonstrate our true attitudes. Worshiping correctly requires both right attitudes and right actions.

#### APPLICATION:

Read Hebrews 10:23-25. This is one of the classic passages in the New Testament that not only commands us to be faithful in church attendance and corporate worship; it also gives us some reasons why this is important. Here are four reasons why corporate worship is important.

Discuss each and their implications:

1. When we worship together, we honor the Lord.
2. When we worship together, it encourages one another.
3. When we worship together it is a public testimony to the world.
4. Worshipping together is important for my spiritual growth.

#### TO DO THIS WEEK: \_\_\_\_\_

#### CONCLUSION:

When we really worship God, our lives are changed. It is not always a huge event and change that we will never forget but there is something that grows in our hearts as we know that we have worshipped God and been faithful to do what He has asked us to do. The Bible doesn’t give us exact benefits that Abel experienced because of his faithful worship, but we do see that he won God’s approval for his faith and his obedience. It is important for us to remember that there are benefits to worshipping God.

Cain reminds us that there is a wrong way to worship God and just like there are positive consequences for the right kind of worship, there are negative consequences for the wrong kind of worship.