

This week we will study in the Bible about Cain and Abel, and how being obedient affected their lives and the lives of those around them.



# Torchlight

*“This sacrifice would lead them to continually keep in mind their sin and the Redeemer to come, who was to be the great sacrifice for man”.*  
– The Story of Redemption p. 52

# CAIN & ABEL



# SUNDAY

**LET'S PRAY** Dear Lord, help me to walk with You. Thank You for providing for me. Thank You for my family. Thank You for my Bible. Help me to understand it more. In Jesus' name, Amen.

## MEMORY VERSE - JEREMIAH 7:23

*"But this is what I commanded them saying, 'Obey My voice, and I will be your God, and you shall be My people. And walk in all the ways that I have commanded you, that it may be well with you'"*.

## THERE'S **POWER** IN THE WORD!

LET'S READ:

## GENESIS 4:1-2



## THOUGHT FOR THE WEEK

In His mercy, God didn't allow anyone to kill Cain, hoping that one day he would repent.

We serve such a marvellous God in that He gives us every opportunity to tell Him we are sorry. He is on our side and does everything He can to reason with us.

But in the end, it is our choice. It is important that we do what God wants us to do, not what we want to do.

It is a blessing to be obedient.



## SABBATH QUIZ

1. Who was the brother who brought the correct sacrifice? \_\_\_\_\_
2. Who was the brother who brought the incorrect sacrifice?  
\_\_\_\_\_
3. Whose countenance fell? \_\_\_\_\_
4. Who asked Cain where his brother Abel was?  
\_\_\_\_\_
5. What land did Cain dwell in?  
\_\_\_\_\_



# SABBATH

**LET'S PRAY** Dear Father, thank You for the Sabbath. Help me to share Your love today. Lord I want to know You more, please help me to understand what I read in the Bible. In Jesus' name, Amen.

## MEMORY VERSE - JEREMIAH 7:23

*“But this is what I commanded them saying, ‘Obey My voice, and I will be your God, and you shall be My people. And walk in all the ways that I have commanded you, that it may be well with you’”.*

## THERE'S **POWER** IN THE WORD!

LET'S READ:

**GENESIS 4:15-16**



## LET'S THINK ABOUT THIS

When Adam and Eve had left the garden of Eden, they had their first son, Cain. Eve thought Cain may have been the promised Messiah that they had been told about, as she says she has 'acquired a man from the Lord'. But Jesus wasn't to come for thousands of years. Eve had a second son. His name was Abel. Abel kept sheep and Cain grew things to eat, or as the Bible says, 'a tiller of the ground'.

Eve thought God had blessed her with the privilege of bearing baby Jesus. But it was not so. Read Luke 1:30-33 to see who had that privilege.



## FILL IN THE MISSING SPACES - GENESIS 4:2

“Then she bore again, this ..... his brother .....  
Now Abel was a ..... of sheep, but ..... was a  
..... of the ground”.

WHAT DID YOU LEARN TODAY WITH THE KING?

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# MONDAY

**LET'S PRAY** Dear Lord, help me to be true to You. Please let Your light shine through me today. Thank You for Your love for me. I'm so grateful for my Bible so I can learn more about You.  
In Jesus' name, Amen.

## MEMORY VERSE - JEREMIAH 7:23

*"But this is what I commanded them saying, 'Obey My voice, and I will be your God, and you shall be My people. And walk in all the ways that I have commanded you, that it may be well with you'"*.

## THERE'S **POWER** IN THE WORD!

LET'S READ:

**GENESIS 4:3-5**



## LET'S THINK ABOUT THIS

The sad thing about Cain was that even though God gave Cain opportunity to repent for his sin, Cain chose not to. He wasn't sorry or remorseful at all, but he was very quick to complain about the punishment that God gave him.

I think we have all been guilty about the above reaction of Cain. We need to ask God everyday to help us to be sorry for our sins and be accepting of the punishment that our Mums and Dads have to give us to help us with our behaviour.



As you enter the Sabbath Day think about this and ask God to give you the spirit of repentance.

## FILL IN THE MISSING SPACES - GENESIS 4:13

"And ..... said to the ....., 'My ..... is greater than I ..... bear'!"

WHAT DID YOU LEARN TODAY WITH THE KING?

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# FRIDAY

**LET'S PRAY** Dear Father, help me to be helpful. Help me to think and prepare for the Sabbath tomorrow. In Jesus' name, Amen.

## MEMORY VERSE - JEREMIAH 7:23

*“But this is what I commanded them saying, ‘Obey My voice, and I will be your God, and you shall be My people. And walk in all the ways that I have commanded you, that it may be well with you’”.*

THERE'S **POWER** IN THE WORD!

LET'S READ:

**GENESIS 4:13-14**



## LET'S THINK ABOUT THIS

Cain and Abel were being tested for their obedience, love, and faith to God. Abel was obedient and brought a lamb offering, and God accepted it. But Cain brought a fruit offering, not the lamb offering that God had asked for. God was not happy with Cain and God did not accept his offering, which made Cain very angry. There was a reason for bringing a lamb offering; it was to remind them that Jesus was to come and save them from their sins. They had to shed the blood of an animal to remind them that one day Jesus would come and shed blood for us by dying on the cross for our sins.

We have also studied about Adam and Eve being tested by God in the Garden of Eden and not eating from the tree of the knowledge of good and evil. Can you think of something in your life that you know God is testing you with? It could be lying, bad language or unhelpfulness. Pray and ask God to show you, and ask Him to help you stop.



## FILL IN THE MISSING SPACES - GENESIS 4:4

“Abel also brought of the ..... of his flock and of their ..... . And the ..... respected ..... and his offering”.

WHAT DID YOU LEARN TODAY WITH THE KING?

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# TUESDAY

**LET'S PRAY** Dear God, thank You for sending Your Son, Jesus, to this earth to die for my sins. Please forgive me for my sins. Please come into my heart. Help me to understand Your Word. In Jesus' name, Amen.

## MEMORY VERSE - JEREMIAH 7:23

*"But this is what I commanded them saying, 'Obey My voice, and I will be your God, and you shall be My people. And walk in all the ways that I have commanded you, that it may be well with you'"*.

## THERE'S **POWER** IN THE WORD!

LET'S READ:

**GENESIS 4:6-7**



## LET'S THINK ABOUT THIS

God placed a curse on Cain. The earth would no longer provide as many blessings to him as before. Cain would always be a fugitive and vagabond, or a homeless wanderer.

If we knew our sin would cause so much trouble for us in the future, I wonder if we would think twice before partaking in it? What do you think?



## FILL IN THE MISSING SPACES - GENESIS 4:12

"When you ..... the ground, it shall no ..... yield it's ..... to you. A fugitive and a ..... you shall be on the earth".

WHAT DID YOU LEARN TODAY WITH THE KING?

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# THURSDAY

**LET'S PRAY** Dear God, help me to be thankful for all You do for me. Please help me to share You with someone today. Help me to be joyful and happy. Thank You for my Bible. In Jesus' name, Amen.

## MEMORY VERSE - JEREMIAH 7:23

*“But this is what I commanded them saying, ‘Obey My voice, and I will be your God, and you shall be My people. And walk in all the ways that I have commanded you, that it may be well with you’”.*

THERE'S **POWER** IN THE WORD!

LET'S READ:

**GENESIS 4:11-12**



## LET'S THINK ABOUT THIS

Cain and Abel had been fully taught by Adam and Eve as to what had happened in the Garden of Eden. They knew about Christ coming in the future to die for their sins. They knew they had to bring a lamb offering. Cain didn't make a mistake; he knew what he had to do. God spoke to him and even sent an angel down to reason with Cain. God gave Cain every opportunity to say sorry and repent.



There are times we know better as well, but we go ahead and do them anyway. Our Mums and Dads teach us what to do because they love us and want to protect us. At times these rules seem very restrictive. But they are there to keep us safe and happy. God has rules for us too because He loves us very much and wants the very best for us, and He knows us better than anyone else. Ask God to help you be joyful and happy in being obedient to Him and your parents.

## FILL IN THE MISSING SPACES - GENESIS 4:6

“So the ..... said to ..... ‘Why are you .....? And why has your ..... fallen’?”

WHAT DID YOU LEARN TODAY WITH THE KING?

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# WEDNESDAY

**LET'S PRAY** Dear Lord, help me to listen to You through Your Word. Please help me to do what You want me to do, not what I want to do. I love You Lord. In Jesus' name, Amen.

## MEMORY VERSE - JEREMIAH 7:23

*“But this is what I commanded them saying, ‘Obey My voice, and I will be your God, and you shall be My people. And walk in all the ways that I have commanded you, that it may be well with you’”.*

THERE'S **POWER** IN THE WORD!

LET'S READ:

**GENESIS 4:8-10**



## LET'S THINK ABOUT THIS

Abel even tried to talk and reason with Cain. But Cain didn't want to listen to his younger brother and was cross at him for being obedient. Cain, in anger, killed Abel. Cain was angry that the offering he brought was not accepted by God. Cain had the 'I' disease.

Cain wanted to do what he wanted to do, not what God wanted him to do. God knew what Cain had done. By asking Cain where his brother was, God was giving Cain an opportunity to confess his sin, but Cain did not want to.



God knows everything. We cannot hide anything from God. Sometimes we do wrong things and think people will not find out. But the most important person knows, and that most important person is God.

## FILL IN THE MISSING SPACES - GENESIS 4:9

“Then the ..... said to Cain, ‘Where is ..... your brother?’ He said, ‘I do not ....., am I my ..... keeper?’”

WHAT DID YOU LEARN TODAY WITH THE KING?

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