

SESSION 5

CAIN AND ABEL WERE BORN OUTSIDE OF THE GARDEN

God's story tells us what happened after Adam and Eve were put outside of the garden.



GENESIS 4:1,2

¹ Now Adam had sexual relations with his wife, Eve, and she became pregnant. When she gave birth to Cain, she said, "With the Lord's help, I have produced a man!" ² Later she gave birth to his brother and named him Abel.

Eve became pregnant and had a baby boy called Cain. Later, she had another son called Abel.

God sent Adam and Eve out of the garden, but he still allowed them to have children. He gave them the gift of being able to start new life by having children. God is the one who gives life, and he gave new life to two more people on the earth. They were Cain and Abel.

Life is a gift from God. God is the only one who can give life. He made Adam and Eve, and Cain and Abel, and he made us, too. Another part of God's story tells us that we are God's because he made us. The Book of Psalms in the Bible is where many songs about God were written down for us to read. This verse is from Psalm 100.



PSALM 100:1-3

¹ Shout with joy to the Lord, all the earth!

² Worship the Lord with gladness.

Come before him, singing with joy.

³ Acknowledge that the Lord is God!

He made us, and we are his.

We are his people, the sheep of his pasture.

HIS STORY: THE RESCUE

Many hundreds of years later, one of God’s servants, Paul, spoke the following words about God. His words are written in the Bible in the Acts of the Apostles.



ACTS 17:25

²⁵ and human hands can’t serve his needs—for he has no needs. He himself gives life and breath to everything, and he satisfies every need.

Every life comes from God. It is something very important for us to think about. Because God made us, he owns us. We belong to him.

Cain and Abel were born into the world outside of the garden. They did not see the beautiful garden that God wanted them to live in. And they could not just go to God and talk to him like Adam and Eve could. Cain and Abel were born into a world where there was pain and hard work. They were now part of the death that happened when Adam and Eve disobeyed God. They were born as enemies of God. They had the knowledge of good and evil and they wanted to make decisions for themselves. They were born as people who were going to die and they would go to the place of death after their physical bodies died.

God’s enemy, Satan, was there too. God said that in the end Satan would be punished. But for now, he was the leader of the people on the earth. They had followed him and they had not listened to God. Satan always tries to trick people. He wants people to listen to him and not to listen to God. Satan is God’s enemy and he wants people to be God’s enemies too. He makes people think that they are free, but to go against God is always a very bad thing to do. It does not make people free. God loves people and he wants the best for them. Satan always wants to do what is bad for people.

God tells us in his story what happened next to Cain and Abel.



GENESIS 4:3,4

³ When it was time for the harvest, Cain presented some of his crops as a gift to the Lord. ⁴ Abel also brought a gift—the best portions of the firstborn lambs from his flock. The Lord accepted Abel and his gift,

Adam and Eve and Cain and Abel were now God’s enemies because they had chosen to disobey him. But God had made a way for them to return to him. God loved them and wanted them to have a way to come back to him. God had shown them that to do so, they must kill an animal and let its blood flow out. Earlier, God had made clothes for Adam and Eve from animal skins. He had killed the animals to make those clothes. That was how God showed them how to return to him. There had to be death and there had to be blood. This was because they had made themselves God’s enemies. God wanted to remind them that they had chosen the way of death. So now they must kill an animal and let its blood flow out. This is the only way that they could come back to God.

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God's story says that Cain and Abel both brought an *gift* to God. Cain was a man who grew food in the form of plants, like vegetables⁴⁴ and grains.⁴⁵ So he brought some of the food he had grown to give to the Lord as a gift. Abel was a shepherd.⁴⁶ So he brought the best lambs⁴⁷ from his flock of sheep as a gift for the Lord. Abel would have cut the throats of the lambs to kill them. Their blood would have flowed out. God's story says that the Lord accepted⁴⁸ Abel and his gift.



GENESIS 4:5-7

⁵ but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected.

⁶ "Why are you so angry?" the Lord asked Cain. "Why do you look so dejected? ⁷ You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master."

God did not accept Cain's gift. Why? Because Cain did not come to God in the way that God had shown that he should – Cain did not kill an animal, and there was no death and no blood. There had to be death and blood because Cain and Abel were God's enemies. They were born outside of the garden. They were born into the world that had changed. There was now pain and death because people had disobeyed God. God wanted them to remember that they had chosen the way of death. But he also wanted them to know that he had made a way for them to return to him. When they came to him there must be death and blood. There was no other way to come to God.

God always does what is good and right. He always speaks the truth and he always does things that are true and real. People were now God's enemies so they could no longer freely come to him. If they did, it would have been false.⁴⁹ It would not have been a real or true relationship⁵⁰ with God. God is always real and true with people and in everything he does. So God said that for them to come to him, there had to be death and blood must flow. But Cain did not listen to God. He did not do what God said. Cain did not listen to God or think that what God said was true.

The lambs that Abel killed had not done anything wrong. Abel was the one who should have died. He was God's enemy, not the lambs. Abel killed them because he knew that he should have been the one to die. But God had made this the way to save him. Abel was God's enemy but he could come to God in this way, by killing the lambs. Abel listened to what God said and he did what God said. Abel thought that what God said was true so he did what God said.

God accepted Abel's gift but he did not accept Cain's gift. Cain was very angry. God talked to Cain to try to help him. God told Cain that he must do what is right. God said that if Cain did what was

44. **vegetables** - food that comes from plants like carrots, potatoes and onions

45. **grains** - food that people get from plants like wheat and rice

46. **shepherd** - someone who takes care of sheep

47. **lambs** - young sheep

48. **accepted** - he took it

49. **false** - not real or true

50. **relationship** - the way in which two or more people are connected or linked together, a friendship

HIS STORY: THE RESCUE

right, he would be accepted. God wanted Cain to listen to him and to come to him in the way that he had said to come. That was the best thing for Cain. God went to Cain and talked to him because God loves people and wants the best for them. Cain had disobeyed God, but God still came to him to help him. God told Cain to be stronger than the sin that was trying to control him.



GENESIS 4:8

⁸ One day Cain suggested to his brother, “Let’s go out into the fields.” And while they were in the field, Cain attacked his brother, Abel, and killed him.

Cain did not listen to God. He asked his brother Abel to go with him out to the fields. Then Cain killed Abel. Cain made the decision to kill Abel. Satan would have been very happy that Cain did that because Satan hates God and he hates people. Satan loves to destroy life.



GENESIS 4:9

⁹ Afterward the Lord asked Cain, “Where is your brother? Where is Abel?”
“I don’t know,” Cain responded. “Am I my brother’s guardian?”

God came to Cain again to speak to him. God asked Cain where Abel was. God knew where Abel was, but God wanted Cain to tell him the truth. God wanted Cain to tell him what he had done. Cain answered God, “*I don’t know... Am I my brother’s guardian?*” Cain lied to God. He showed that he was not sorry for killing his brother.



GENESIS 4:10-15

¹⁰ But the Lord said, “What have you done? Listen! Your brother’s blood cries out to me from the ground! ¹¹ Now you are cursed and banished from the ground, which has swallowed your brother’s blood. ¹² No longer will the ground yield good crops for you, no matter how hard you work! From now on you will be a homeless wanderer on the earth.”

¹³ Cain replied to the Lord, “My punishment is too great for me to bear! ¹⁴ You have banished me from the land and from your presence; you have made me a homeless wanderer. Anyone who finds me will kill me!”

¹⁵ The Lord replied, “No, for I will give a sevenfold punishment to anyone who kills you.” Then the Lord put a mark on Cain to warn anyone who might try to kill him.

God tells us that he thought that Cain had done a terrible thing. This was the first time that a person had ever killed another person. God gave life to people and he would punish Cain for taking life from Abel. God told Cain that he would not have a home. He would have to move around and could not stay in one place.

Cain did not say he was sorry for what he had done. He only said that his punishment was too great. He was not thinking of God or of his brother. He was thinking only of himself.

God’s story tells us about the rest of Cain’s life. It tells us about his family who came after him. They didn’t listen to God or think about God either. They did not do what God said. They only thought about themselves and their lives on earth. You can read about Cain’s life in Genesis 4:16-24.

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Then God's story tells us more about Adam and Eve.



²⁵ Adam had sexual relations with his wife again, and she gave birth to another son. She named him Seth, for she said, "God has granted me another son in place of Abel, whom Cain killed." ²⁶ When Seth grew up, he had a son and named him Enosh. At that time people first began to worship the Lord by name.

God gave Adam and Eve another son because Abel was dead. Their new son's name was Seth. Seth grew up and started a family that knew about God. They started to worship⁵¹ the Lord by name. Seth and his family were able to come to God because they did it in the way that he had asked. They were born as God's enemies but they could still go to him and worship him. God had made a way for them to come to him because he loved them and he wanted to have a close relationship with them.



1. Where were Cain and Abel born? What was it like there?
2. What different gifts did Cain and Abel bring to God?
3. Because people were God's enemies, what did they have to do to come to him?
4. Why didn't Cain come to God in the way God had said he should?

51. **worship** - to show love for God, to enjoy God, to talk about how good God is and to thank him for all he has done



This lesson has been adapted from the book *His Story: The Rescue, The Bible message from Genesis to Christ in easy English* (ISBN: 978-0-9944270-4-5)

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