

# Genesis 4:1-7—Cain And Abel: Faith, Choices, And Consequences

## Memory Verse

**Genesis 3:15 NKJV (God speaking to satan)**

**And I will put enmity between you [satan] and the woman, and between your seed [the antichrist] and her Seed [the Messiah]; He [the Messiah] shall bruise your [satan's] head, and you [satan] shall bruise His [the Messiah's] heel."**

## Outline (Genesis 4:1-7)

1. The Birth Of Cain and how the Bible describes sex (v 1)
2. The birth of Able and who did Cain marry? (v 2a)
3. Modern agricultural practices established in the first generation of mankind (v 2b)
4. Abel accepted because of his faith—Cain rejected because he didn't have faith (vs 3-5)
5. The direct link between sin and depression (vs 5b-7)

## **Genesis 4:1-15 NKJV**

**Now Adam knew Eve his wife, and she conceived and bore Cain, and said, "I have acquired a man from the LORD." <sup>2</sup> Then she bore again, this time his brother Abel. Now Abel was a keeper of sheep, but Cain was a tiller of the ground. <sup>3</sup> And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the LORD. <sup>4</sup> Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering, <sup>5</sup> but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell.**

**<sup>6</sup> So the LORD said to Cain, "Why are you angry? And why has your countenance fallen? <sup>7</sup> If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it."**

**<sup>8</sup> Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.**

**<sup>9</sup> Then the LORD said to Cain, "Where is Abel your brother?" He said, "I do not know. Am I my brother's keeper?"**

**<sup>10</sup> And He said, "What have you done? The voice of your brother's blood cries out to Me from the ground. <sup>11</sup> So now you are cursed from the earth, which has opened its mouth to receive your brother's blood from your hand. <sup>12</sup> When you till the ground, it shall no longer yield its strength to you. A fugitive and a vagabond you shall be on the earth."**

**<sup>13</sup> And Cain said to the LORD, "My punishment is greater than I can bear! <sup>14</sup> Surely You have driven me out this day from the face of the ground; I shall be hidden from Your face; I shall be a fugitive and a vagabond on the earth, and it will happen that anyone who finds me will kill me."**

**<sup>15</sup> And the LORD said to him, "Therefore, whoever kills Cain, vengeance shall be taken on him sevenfold." And the LORD set a mark on Cain, lest anyone finding him should kill him.**

## 1. The birth of Cain and how the Bible describes sex

### Genesis 4:1 NKJV

Now Adam knew Eve his wife, and she conceived and bore Cain, and said, “I have acquired a man from the LORD.”

v 1 **Now Adam knew his wife:** This is the first time sex is referred to in the Bible. To “know” your husband or wife is a polite way of referring to sexual relations. Why does God refer to sex this way? Because it puts sex in the context of an emotionally and physically intimate setting, which is only found in the marriage relationship. This is really important to understand, as our culture sees sex as a selfish pursuit for pleasure for the individual. This is not how God sees sex, nor is it what He created sex for. Using sex for selfish gain reduces something mysterious, powerful, and wonderful into not only a cheap trick, but also something so very destructive. David Guzik comments:

“There is power in this way of referring to sex. It shows the high, interpersonal terms in which the Bible sees the sexual relationship. Most terms and phrases people use for sex today are either coarse or violent, but the Bible sees sex as a means of knowing one another in a committed relationship. **Knew** indicates an act that contributes to the bond of unity and the building up of a one-flesh relationship.”

Proverbs 30:18-19 NLT—*the wonder and intimacy of sex in the context of marriage*

**There are three things that amaze me—no, four things that I don’t understand:** <sup>19</sup> how an eagle glides through the sky, how a snake slithers on a rock, how a ship navigates the ocean, **how a man loves a woman.**

Proverbs 6:32 NLT—*sex outside of marriage is destructive*

But the man who commits adultery is an utter fool, for he destroys himself.

Proverbs 7:21-27 NKJV—*yielding to sexual sin will eventually cost you your life*

**With her enticing speech she caused him to yield,** with her flattering lips she seduced him. <sup>22</sup> Immediately he went after her, as an ox goes to the slaughter, or as a fool to the correction of the stocks, <sup>23</sup> till an arrow struck his liver. As a bird hastens to the snare, **he did not know it would cost his life.**

<sup>24</sup> Now therefore, listen to me, my children; pay attention to the words of my mouth: <sup>25</sup> do not let your heart turn aside to her ways, do not stray into her paths; <sup>26</sup> **for she has cast down many wounded, and all who were slain by her were strong men.** <sup>27</sup> **Her house is the way to hell, descending to the chambers of death.**

Sex is like fire—safe and useful when contained within the fire place, but incredibly destructive when uncontrolled—it will burn down whole forests and cities.

v 1 **Cain...** “**I have acquired a man from the Lord**”: Cain’s name means “Acquire”, or “I’ve got him”. It is likely that Eve thought that Cain was the promised Messiah that God promised them in Genesis 3:15—the Seed of the woman who would crush the head of satan. However, the promised Messiah must be the “Seed of the woman”, meaning virgin born.

With Cain being their first child, it would have been an amazing experience for Adam and Eve, as they witnessed the very first birth and held the very first baby. Remember that Adam and Eve were created as mature young adults.

## 2. The birth of Abel and who did Cain marry?

**Genesis 4:2a NKJV**

**Then she bore again, this time his brother Abel.**

*Adam and Eve had many children*

v 2 **Then she bore again, this time his brother Abel:** Abel is the next son born. We don't know exactly how many sons and daughters Eve had, but there would have been quite a few. Genesis 5:4 tells us that *"After he begot Seth, the days of Adam were eight hundred years; and he had sons and daughters"* (NKJV).

Abel's name means "vanity" or "empty". Why did Eve call her second son this? I think that not having raised children before, Eve had high hopes of what Cain would turn out like, but she instead soon discovered that all children are born with a sin nature which makes them naturally want to sin—to rebel against God and man. Jon Courson comments:

"It wasn't very long before Eve discovered what every one of us who has kids knows to be true: Kids are born with a sin nature. Therefore, since Cain wasn't who she hoped he'd be, Eve knew her second son wouldn't be either—and named him Abel, which means "vanity" or "empty." The problem with Cain and Abel is that they were born of the seed of man. The promise of Genesis 3:15 would not be fulfilled until One was born of the seed of woman. And that One is Jesus Christ."

*Who did Cain marry?*

Remember that in the first generations, brothers had to marry their sisters. Today, we would consider this to be incest. But the command to not marry close relatives was only introduced at the time of Moses. Before this, it was normal for people to marry close relatives, e.g. Abraham married his half sister Sarah. Isaac and Jacob both married wives that were closely related to them.

But how could this be? After all, don't the offspring from incestuous marriages often result in deformed offspring? Not back then, and I'll explain why. What we will see is an amazing confirmation of the truth of the Biblical creation account. Let's compare the two theories of how the earth and living things as we know it came into being:

**1. The creation model as recorded in the Bible:** God created everything fully formed and perfect, but as a result of the curse, creation has slowly been decaying over time as a result of the curse. Thus, the creation model predicts two things pertaining to the study of genetics. Firstly that the quantity of information in the genome of all kinds of animals will decrease due to extinction and natural selection—there will be less kinds of animals over time and not more. Secondly, the quality of that information will also decrease over time, meaning there will be an increasing number of errors in the DNA of all organisms—the result being an increasing number of genetic diseases and birth defects.

**2. The evolution model as invented by man:** The theory is that things are getting more and more complex and more ordered as new genes for new features somehow just spontaneously come into existence, producing many new and unique kinds of animals and plants. Thus, the evolution model predicts that the quantity of information, the number of genes in the genome, will be increasing over time. It also predicts that the number of errors will be decreasing, as the genome gets more and more complex, meaning decreasing numbers of genetic diseases and birth defects.

### Which model best fits the evidence?

The fact is that science, after millions of experiments, has never observed *any* new information (genes or traits) come into existence—and not through lack of trying—it's the evidence that the evolutionists have been desperately trying to find to prove their theory, but they have been bitterly disappointed. Also, the number of mutations (copying errors or mistakes) in the DNA is also increasing with every generation, with the most obvious consequence being the increasing number of genetic diseases. Every generation, every living thing is growing weaker, sicker, and dumber as the number of mistakes in the DNA increases.

Think: Real, observational science (repeatable, testable, observable) directly *contradicts* what the evolution model predicted, but directly *confirms* what the Bible says. Again, what we see in God's world, agrees with what we see in God's word. As a result of the curse, we see the extinction of animals, and an increase in both the number and frequency of genetic diseases due to an increasing number of errors or mistakes in the DNA of all living creatures. The scientific word used to describe this downward trend in both the quantity and quality of information stored in our DNA is called *entropy*—*the natural tendency for all things, including information, to spontaneously progress from complex to simple, from order to disorder.*

Why can't the information stored in DNA arise spontaneously by chance and random processes? Because information always comes from intelligence. Every book has an author, every computer program has a programmer etc—they don't write themselves—it's impossible. God is the ultimate source of intelligence—He wrote the incredibly complex information required for life on DNA. He made everything perfect, and He is the One who allows everything to slowly decay and break down as a result of the curse.

Romans 8:20-21 NLT

Against its will, all creation was subjected to God's curse. But with eager hope, <sup>21</sup> the creation looks forward to the day when it will join God's children in glorious freedom from death and decay.

### **3. Modern agricultural practices established in the first generation of mankind**

**Genesis 4:2b NKJV**

**Now Abel was a keeper of sheep, but Cain was a tiller of the ground.**

So much for the evolutionary lies and assumptions that have fooled so many into thinking that the first people were unintelligent, club wielding, cave dwelling, wandering nomads, whose subsistence was by a lifestyle of hunting and gathering. Also, as we will soon see, as soon as there was enough people born to populate them, cities were built. This was an advanced society. Remember that because of the fall, over time our intelligence diminishes from generation to generation as the number of errors in the information in our DNA accumulate over time. This means that they were most likely significantly smarter than us, and they lived much longer to invent and create things, e.g. metal work and musical instruments, as we will learn about soon.

## **4. Abel accepted because of his faith—Cain rejected because he didn't have faith**

### **Genesis 4:3-5 NKJV**

And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the LORD. <sup>4</sup> Abel also brought of the firstborn of his flock and of their fat. And the LORD respected [accepted/received] Abel and his offering, <sup>5</sup> but He did not respect [accept/receive] Cain and his offering. And Cain was very angry, and his countenance fell.

### **Genesis 4:3-5 AMP**

And in the course of time Cain brought to the Lord an offering of the fruit of the ground.

<sup>4</sup> And Abel brought of the firstborn of his flock and of the fat portions. And the Lord had respect and regard for Abel and for his offering, [see Hebrews 11:4]

<sup>5</sup> But for Cain and his offering He had no respect or regard. So Cain was exceedingly angry and indignant, and he looked sad and depressed.

### **The location of the offering**

v 3 **And in the process of time it came to pass that Cain brought an offering:** Most likely this was at the entrance to the garden of Eden where the cherubim guarded the way to the tree of life (see Genesis 3:24). This is because cherubim are always associated with the presence of God.

### **The content of the offering**

v 3b-4a **Cain brought an offering of the fruit of the ground to the LORD. <sup>4</sup> Abel also brought of the firstborn of his flock and of their fat:** Each brother brought what they produced. Abel was a shepherd, so he brought a lamb that had been slaughtered and butchered, so Abel could burn the fat separately to the rest of the offering. This was also how it was done according to the Law of Moses:

### **Exodus 29:13 NKJV**

And you shall take all the fat that covers the entrails, the fatty lobe attached to the liver, and the two kidneys and the fat that is on them, and burn them on the altar.

Remember that God would have told Adam and Eve how to approach Him after they sinned when He made the first sacrifice on their behalf and clothed them. God would have shown them what to offer and how to offer it. Remember also that the animal offering is a picture or illustration of the substitutionary atonement, of Christ dying in our place.

Also consider that Abel was a shepherd. Remember that mankind was not allowed to eat meat—only plants—so why was Abel a shepherd? While the meat would not be used for human consumption, the wool and skins would be used for clothing, and the animals themselves for sacrifices.

Cain did not bring an animal to offer, he brought plants. While many point to this as being the reason why Cain's offering was not accepted, what we will find out soon is that Cain was not rejected by God for what he offered, but rather the attitude in which he offered it. It is also fair to say that Cain's unbelief and independent and defiant attitude most likely affected Cain's choice of offering.

## Why did God ask for animal sacrifices

Jon Courson's comment is a good reminder of why animal sacrifices were instituted—*because sin brings death.*

“But that was precisely the point. Sin is dreadful. Sin causes death. Sin brings sorrow. God did not institute the sacrificial system because He's gory. He instituted it to pointedly communicate the fact that sin causes blood to be shed, lives to be lost.”

## How did Cain and Able know if their offering was accepted or rejected by God?

Here is an interesting thought. It seems that there was something obvious that revealed to both of them whether or not their sacrifices were accepted or not. Could it have been that fire from God consumed Abel's offering, but not Cains? There are several examples of this in Scripture (see Judges 6:21; 1 Kings 18:38; 1 Chronicles 21:26; 2 Chronicles 7:1).

Judges 6:21 NKJV

Then the Angel of the LORD put out the end of the staff that was in His hand, and touched the meat and the unleavened bread; and fire rose out of the rock and consumed the meat and the unleavened bread. And the Angel of the LORD departed out of his sight.

## Why Able and his offering was accepted

It's so important for us to realise that it wasn't really what was sacrificed that God accepted or rejected, but rather the condition of the heart of the person who was bringing the offering. This goes far beyond just considering *what* they brought, and instead focuses on *why* they brought it—the hidden motive and intention of the heart. We learn from other scriptures that *Abel was accepted by God because of his faith, and that Cain was rejected because he did not have faith.*

Hebrews 11:4 NLT

**It was by faith** that Abel brought a more acceptable offering to God than Cain did. Abel's offering gave evidence that he was a righteous man, and God showed his approval of his gifts. Although Abel is long dead, he still speaks to us by his example of faith.

Faith in what or who? In the coming Messiah. Abel accepted that his sin had separated him from God, and that the only way to come back to relationship with God was to accept the gift of the Messiah, who would die in the place of sinful mankind.

## Why Cain and his offering were rejected—unbelief leading to spiritual pride and hypocrisy

Cain's first sin was that of spiritual pride and hypocrisy. This was a heart issue.

“Cain wasn't rejected because of his offering, but his offering was rejected because of Cain: his heart wasn't right with God. It was “by faith” that Abel offered a more acceptable sacrifice than Cain (Hebrews 11:4), which means that he had faith in God and was right with God.” (Warren W. Wiersbe)

The Bible has much to say about Cain, and none of it good.

1 John 3:11-12 NKJV

For this is the message that you heard from the beginning, that we should love one another, <sup>12</sup> **not as Cain who was of the wicked one and murdered his brother.** And why did he murder him? Because his works were evil and his brother's righteous.

Jude 11-13 NKJV

Woe to them! For they have gone **in the way of Cain**, have run greedily in the error of Balaam for profit, and perished in the rebellion of Korah.

<sup>12</sup> These are *spots* [they stain or contaminate you, or like a hidden reef that can shipwreck you], in your love feasts, while they feast with you without fear, serving only themselves. They are clouds without water, carried about by the winds; late autumn trees without fruit, twice dead, pulled up by the roots; <sup>13</sup> raging waves of the sea, foaming up their own shame; wandering stars for whom is reserved the blackness of darkness forever.

Jude 11-13 NLT

What sorrow awaits them! For they follow in **the footsteps of Cain**, who killed his brother. Like Balaam, they deceive people for money. And like Korah, they perish in their rebellion.

<sup>12</sup> When these people eat with you in your fellowship meals commemorating the Lord's love, they are like dangerous [hidden] reefs that can shipwreck you. They are like shameless shepherds who care only for themselves. They are like clouds blowing over the land without giving any rain. They are like trees in autumn that are doubly dead, for they bear no fruit and have been pulled up by the roots. <sup>13</sup> They are like wild waves of the sea, churning up the foam of their shameful deeds. They are like wandering stars, doomed forever to blackest darkness.

David Guzik comments: "1 John 3:12 tells us that Cain murdered his brother because Abel's works were righteous (by faith), while Cain's own were wicked. Cain's lack was not in works, but in faith.

**The way of Cain:** Jude says that Cain typifies a way that the certain men follow in. It is the way of unbelief and empty religion, which leads to jealousy, persecution of the truly godly, and eventually to murderous anger.

There is no greater curse on the earth than empty, vain religion; those who have a form of godliness but denying its power (2 Timothy 3:5). No wonder Paul added, and from such people turn away!

Many Christians are afraid of secular humanism or atheism or the world. But dead religion is far more dangerous, and sends more people to hell than anything else. These certain men were in the way of Cain, which is the way of dead religion."

The account of Cain and Able is a warning to us that not all worshippers (church goers, people who confess to be a Christian) are genuine believers; we need to check our hearts to see if we are in the faith—going to church doesn't make you a Christian, just like parking yourself in your mum's garage doesn't make you a car. The real issue is not "Do I believe in (the existence of) God", but rather, "Do I believe God, that what He says is true, and so believe and act accordingly?" Consider that there was no doubt in Cain's mind that God actually did exist. However, Cain decided in his heart to not submit to God, to not believe what God said about himself; like Adam and Eve in the garden of Eden, Cain wanted to do things his way, he wanted to remain independent of God and so refused to submit to God.

James 2:19 NKJV

You believe that there is one God. You do well. Even the demons believe—and tremble!

Matthew 7:21-23 NKJV

"Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven. <sup>22</sup> Many will say to Me in that day, 'Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?' <sup>23</sup> And then I will declare to them, 'I never knew you; depart from Me, you who practice lawlessness!'

2 Corinthians 13:5 NLT

Examine yourselves to see if your faith is genuine. Test yourselves. Surely you know that Jesus Christ is [in] you; if not, you have failed the test of genuine faith.

2 Corinthians 13:5 AMP

Examine and test and evaluate your own selves to see whether you are holding to your faith and showing the proper fruits of it. Test and prove yourselves [not Christ]. Do you not yourselves realize and know [thoroughly by an ever-increasing experience] that Jesus Christ is in you—unless you are [counterfeits] disapproved on trial and rejected?

“The fact that people attend religious meetings and participate in church activities is no proof that they’re true believers. It’s possible to have “a form of godliness” but never experience its saving power (2 Tim. 3:5). “These people come near to Me with their mouth and honour Me with their lips, but their hearts are far from Me” (Isa. 29:13; Matt. 15:8). The most costly sacrifices apart from the submission of the heart can never make the worshiper right before God (Ps. 51:16–17). “The way of Cain” (Jude 11) is the way of self-will and unbelief.” (Warren W. Wiersbe)

*What is God looking for in a believer? What is most important to God when we come to worship Him?*

God doesn’t want what we give, He wants us! He wants our affections, our heart, our love to be focused on Him. In addition to the verses quoted below, also see Isaiah 1:11-20, and Mark 12:28-34. Simply put, it always about relationship.

1 Samuel 15:22-23 NLT

But Samuel replied [to Saul], “What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to His voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams. <sup>23</sup> Rebellion is as sinful as witchcraft, and stubbornness as bad as worshiping idols. So because you have rejected the command of the LORD, He has rejected you as king.”

Hosea 6:6 NKJV

For I desire mercy and not sacrifice, and the knowledge of God more than burnt offerings.

Micah 6:6-8 NLT

What can we bring to the LORD? Should we bring Him burnt offerings? Should we bow before God Most High with offerings of yearling calves? <sup>7</sup> Should we offer Him thousands of rams and ten thousand rivers of olive oil? Should we sacrifice our firstborn children to pay for our sins?

**<sup>8</sup> No, O people, the LORD has told you what is good, and this is what He requires of you: to do what is right, to love mercy, and to walk humbly with your God.**

“The most costly sacrifices apart from the submission of the heart can never make the worshiper right before God (Ps. 51:16–17). “The way of Cain” (Jude 11) is the way of self-will and unbelief.” (Warren W. Wiersbe)

## 5. The direct link between sin and depression

### Genesis 4:5b-7 NKJV

And Cain was very angry [literally, “burning with anger”], and his countenance fell. <sup>6</sup> So the LORD said to Cain, “Why are you angry? And why has your countenance fallen? <sup>7</sup> If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it.”

### Genesis 4:5b-7 AMP

So Cain was exceedingly angry and indignant, and he looked sad and depressed. <sup>6</sup> And the Lord said to Cain, Why are you angry? And why do you look sad and depressed and dejected?

<sup>7</sup> If you do well, will you not be accepted? And if you do not do well, sin crouches at your door; its desire is for you, but you must master it.

What was the emotional consequence of Cain’s sin of unbelief? Depression

v 5b **And Cain was very angry, and his countenance fell.** (NKJV)

v 5b **So Cain was exceedingly angry and indignant, and he looked sad and depressed.** (AMP)

We all know how we feel when we choose to sin, when we choose to do what is wrong—guilt, shame, and ... we feel depressed: down, out of sorts, unhappy, despondent, miserable, downcast, and heavy hearted. This is the first mention of depression in the Bible. According to the biblical principal of interpretation called “the law of first mention”, the first time something is mentioned shows what it literally or actually means. Here, the first mention of depression is directly related to the choice to sin, to remain in a state of unbelief. The conclusion, sin will always lead to a feeling of depression, sooner or later.

Jon Courson comments on the modern pill popping solution for the ever increasing numbers of people suffering from depression, when the real solution is to simply say no to sin. God will always give us what we want, eventually—we are created with free will—but here we learn what one of the consequences are of our choices to obey or disobey God.

“If you choose not to do well, Cain, sin lies at the door like a lion ready to attack. You will either be lifted up, or you will be attacked. It’s your choice.”

Although I feel like a prophet crying in the wilderness as I go against the flow of what our culture says about depression, I remain biblically persuaded that many people today are seeking medical help for depression when in reality it is often a spiritual issue. Interestingly, even the research done by the pharmaceutical companies who manufacture antidepressants corroborate this, **for their studies indicate that, due to the reduction of serotonin—a chemical in the brain which governs emotional stability, it is impossible for those who are clinically depressed to simply will themselves out of depression. I believe this is what Scripture has indicated all along, for bitterness and anger, sin and resentment affect the chemistry of one’s brain. Thus, the pharmacist and the pastor differ not in the diagnosis of depression, but in the cure. The pharmacist says, “Take a pill.”**

**The pastor says, “Make a choice.”**

Gang, we can choose to put on the garment of praise for the spirit of heaviness (Isaiah 61:3). We can choose to rejoice in the Lord (1 Thessalonians 5:16). We can choose to pray without ceasing (1 Thessalonians 5:17). We can choose to give thanks in everything (1 Thessalonians 5:18). We can choose to think on whatever is pure and lovely and praiseworthy (Philippians 4:8).

"If you choose right," God said to Cain, "you'll be lifted up. But if you don't, the lion of depression will eat you for lunch."

I am not suggesting that we should never use medication. But as a pastor, I am concerned and saddened by how many Christians in our country are popping pills.

"Why art thou cast down, O my soul?" David asked when he faced depression like ours. What was his prescription? "Hope thou in God" (Psalm 42:11).

"My bones ache. My eyes weep. I feel as though there's gravel in my teeth," cried Jeremiah in his own deep, dark depression. His cure? "I will lift up my heart with my hands unto the heavens" (Lamentations 3:41).

Although I am increasingly convinced that there are people who, because of difficulties in life, can benefit from wise and prudent medical help in this arena, such is not the norm because as you read the Bible from cover to cover, it becomes clear that the issue regarding depression is primarily an issue of choice.

God didn't say, "I know you're sad, Cain. Here, drink this; swallow that; and you'll be better in the morning." No, He said, "Your bitterness is causing your countenance to fall. If you choose to do well—to obey My Word—you'll be lifted up. If you don't choose well, you'll be eaten up." (Jon Courson)

**v 7 If you do well, will you not be accepted? And if you do not do well, sin crouches at your door; its desire is for you, but you must master it:** Here God warns Cain that sin and temptation is like a roaring lion that was crouching at the door of his life, and that he should not open the door—he should not give satan any opportunity to control or influence him.

Ephesians 4:26-27 AMP

When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down. <sup>27</sup> Leave no [such] room or foothold for the devil [give no opportunity to him].

### Summary and conclusion

God warned Cain and left him with a choice. We'll see what choice Cain made next time. But for now, we need to understand that every choice comes down to one thing—*will I submit to God or not*. If I choose to submit my will to God's will, then the temptation, the sin will have no power over me. Here are some verses that will encourage us to choose to submit ourselves to God and allow Him to rule our lives. Always remember God's promise that He will never leave or forsake us, and that He has given us everything we need to live a godly life.

1 Peter 5:8-9 NLT

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. <sup>9</sup> Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are.

1 Corinthians 10:13 AMP

For no temptation (no trial regarded as enticing to sin), [no matter how it comes or where it leads] has overtaken you and laid hold on you that is not common to man [that is, no temptation or trial has come to you that is beyond human resistance and that is not adjusted and adapted and belonging to human experience, and such as man can bear]. But God is faithful [to His Word and to His compassionate nature], and He [can be trusted] not to let you be tempted and tried and assayed beyond your ability and strength of resistance and power to endure, but with the temptation He will [always] also provide the way out (the means of escape to a landing place), that you may be capable and strong and powerful to bear up under it patiently.