

CELL NOTES 6/9/10

ICE BREAKER

Do you have a memorable fall-out with a sibling, when a child, or a memorable occasion when a sibling did something really nice for you? If you are an only child, can you remember such an occasion relating to a friend?

THEME

Cain and Abel

Reading; Gen 4 : 1 - 16

SERMON OUTLINE

- 1) Names have meanings and matter.
- 2) Abel means “spirit” or “breath”. Represents all that we have and are derives from God.
Cain means “acquired”. Represents human activity to try and get the most out of things.
- 3) v3 Cain brought his offering “in the course of time” – reluctant, 2nd rate and half hearted?
- 4) Modern cities glorify human achievement (bank buildings dwarf churches), and can illustrate self-obsessed man. Like Cain self-important, concerned to acquire.
- 5) Cain put self first, saw Abel (who honoured God 1st) as worthless, and thus got rid of him.
- 6) Self-obsessed man will try to destroy faith in others.
- 7) The result for Cain was to wind up in the land of Nod (v16) – which means a place of constant wandering, far from God.
- 8) Modern electronic communication, games etc tend to isolate us from each other, and thus from encouraging faith in each other.
- 9) Our culture in GB is increasingly hostile to real Christian faith.
- 10) We all have Cain and Abel within – love of God battling against love of self. Cain is apt to try and kill Abel – and then hear the question as in v9.
- 11) Unless we repent, and turn from self-obsessed behaviour, we will end up aimlessly wandering. Keeping on the way with Jesus is a tough battle.
- 12) We are called to keep our focus on Christ in all circumstances. Cain finds it easier to kill Abel when life is hard!
- 13) Abel’s blood cries out (v10) but so does the atoning blood of Jesus (Heb 12 : 24)

QUESTIONS OF APPLICATION

- 1) How do you react to the account of Cain and Abel? Why do you feel Cain's offering was rejected?
- 2) Who are you jealous of or angry with? How do you handle these feelings?
- 3) Look at vv 5 – 7. What does this say about anger, its source, and how we may deal with it?
- 4) What brothers or sisters do you "keep"? How do you do it?