

"Cain & Abel: A Lesson for Us Today"

"Hey there. I want to tell you a story. It's an old story—one of the oldest, actually—but it's still relevant today. It's about two brothers, jealousy, choices, and a warning from God that still applies to us. You've probably heard of them: Cain and Abel."

"So, picture this. Adam and Eve—are out of the Garden of Eden. Life is different now. Harder. They work the land, raise a family, and teach their kids, Cain and his younger brother Able, about God.

"Cain? He's a farmer. Works the soil, grows crops. Abel? He's a shepherd, watching over flocks. Two different jobs, but both important."

"Now, back then, worshipping God included sacrifice — offering up something valuable as an act of faith and obedience. So one day, both brothers bring their offerings to God."

"Cain brings crops from his harvest. Abel? Brings the best lamb from his flock. And then... something happens that shakes Cain to his core."

"God accepts Abel's offering... but not Cain's."

"And that stings. Cain is furious. His chest tightens, his fists clench. He doesn't understand. He worked hard! Why isn't his offering good enough?"

"But here's the thing: it wasn't just about what they offered. It was about why. Abel gave his offering with faith, trusting in God's way. Cain? He gave what he thought should be enough without the faith behind it. And that made all the difference."

"Now, God sees Cain's anger. And He doesn't just leave him to stew in it. He actually speaks to him—gives him a chance."

"Cain, why are you so angry? If you do what is right, won't you be accepted? But if not... watch out. Sin is crouching at your door. It wants to control you. But you must rule over it."

"That's huge. God is basically telling Cain, 'Look, I see what's happening inside you. This jealousy, this anger—it's dangerous. But you have a choice. You can master it before it masters you.'"

"And Cain does have a choice. But... he makes the wrong one."

"One day, he calls Abel out to the field. Maybe he acts normal, maybe he doesn't. But when they're alone, Cain turns on his brother and... kills him."

"The first murder. The first human life taken—not by a stranger, but by family. All because of jealousy, anger, and a heart that refused to listen."

"God comes to Cain again. And He asks, 'Cain... where is your brother?'"

"And Cain? He shrugs it off. 'I don't know. Am I my brother's keeper?'"

"But God already knows. And now, Cain has to face the consequences. The ground he worked so hard to farm will no longer yield for him. He'll be a wanderer, restless, alone. And suddenly, Cain feels the weight of what he's done. He says, 'This punishment is too much! Someone will kill me!'"

"Even then, God shows mercy. He places a mark on Cain to protect him. Even after everything... God still cares."

"So, what does this story mean for us? We're not offering up sacrifices like Cain and Abel. But we do face the same choice Cain had."

"Sin—anger, jealousy, resentment—it still crouches at our door. And just like Cain, we have to decide: Do we let it in? Or do we master it?"

"Cain's mistake wasn't just his offering. It was what came after. Instead of humbling himself and changing, he let his emotions drive him to ruin. God warned him. Gave him a way out. But he didn't take it."

"And here's the reality: We all get angry. We all feel jealous sometimes. But what we do with those feelings? That's what matters."

"The good news? We have something Cain didn't. We have Jesus."

"Jesus came to show us a different way—a way of faith, of humility, of forgiveness. A way that stops sin before it takes control. He taught us to love, even when it's hard. To forgive, even when we don't feel like it. To bring our hearts to God, not just our actions."

"So the next time you feel anger creeping in, remember God's words: 'Sin is crouching at your door. But you must rule over it.' You can rule over it. You can choose a better path. Through God, through Christ, we are given a way to overcome."

"The choice is yours. What will you do?"