

An Unchecked Heart

Read Genesis 4:1-16, then briefly consider the questions below.

This week in Sunday School, the kids are learning about the terrible consequences of unchecked sin in our hearts through the story of Cain and Abel. In the not-so-inspired words of IceCube, we all need to “chickity check yo self before you wreck yo self.” Sin is constantly “crouching at the door” (vs.7) and can result in great pain in our lives and the lives of those closest to us.

Because of the actions of his parents, Cain was the first person born into sin. As pastor Steven J. Cole says in his “Sin Crouching at the Door” sermon on Genesis 4, “Cain’s tragic murder of his brother was even more tragic because of the high hopes connected with his birth. Imagine the joy and hope of that first couple as they looked into Cain’s tiny face and reflected on God’s promise to send a deliverer through the seed of the woman.” Adam and Eve thought they had given birth to the savior, but instead he was a murderer.

- Imagine for a moment how Adam and Eve must have felt upon hearing that their oldest son killed his brother. How might this be a lesson in how our sin affects the lives of those around us?

As we read verse 5, we see that Cain allowed his sin to fester in his heart.

- How did Cain respond to his brother’s offering? (vs. 5)
- How did God respond to Cain’s reaction? What warning did He give? (vss 6-7).

Every parent and teacher faces the same frightening realization as Adam and Eve. We all want our children, and students, to grow up to live fruitful happy lives. However, because of the Fall sin resides in the heart of every newborn. As parents and teachers, it is our responsibility to teach our children to check the sin within his or her heart and come to Jesus for forgiveness.

- How did God respond to Cain’s actions in verses 11 and 12? What consequences did Cain face?
- How was God merciful to Cain in verse 15?
- Please take a moment to search your own heart and ask the Lord to reveal any unchecked sin. As you ask the Lord for forgiveness, be encouraged that He is faithful and will always cleanse us from our sin (1 John 1:9).

Let’s Pray:

Father, thank you for giving us the story of Cain and Abel through which we can learn about the consequences of our sin as well as the mercy you relentlessly give. Please help us see the sin in our own hearts and be willingly to quickly confess it. Help us to humbly turn from our sin and be willing to ask the forgiveness of those around us.

In Your Name we pray,

Amen.