

## In Step with Jesus 200

May 24, 2026

**Key Text: By faith Abel offered to God a more acceptable sacrifice than Cain, through which he was commended as righteous, God commending him by accepting his gifts. And through his faith, though he died, he still speaks. (Hebrews 11:4)**

### Introduction

Friends this is the two hundredth episode of walking in step with Jesus. Let us just pause and give praise to God for how He has led over the years. Week after week He gives a word. Some days we feel so tired and would just prefer to sleep a little longer on Sunday mornings, but He wakes us up to bless us despite ourselves. There are days that life issues press so hard on us, and we struggle with discouragement or lack of motivation, but God has never failed to deliver on His promises. Our weaknesses have not limited Him, instead, His strength is made perfect in our weaknesses (2 Corinthians 12:9). Friends we have come too far to look back. Let us follow on to know the LORD, for His going forth is as sure as the morning (Hosea 6:3) and so shall our path grow brighter and brighter unto a perfect day (Proverbs 4:18). Today we will revisit Genesis chapter four as we continue on this journey of faith. We read and reflected on verses one to seven last week, but time did not permit us to dig deeper. We will read verses one to ten today and see what we can learn about God's way of dealing with sinful humanity.

### Genesis 4:1-10

**4** Now Adam knew Eve his wife, and she conceived and bore Cain, saying, "I have gotten<sup>[a]</sup> a man with the help of the LORD." **2** And again, she bore his brother Abel. Now Abel was a keeper of sheep, and Cain a worker of the ground. **3** In the course of time Cain brought to the LORD an offering of the fruit of the ground, **4** and Abel also brought of the firstborn of his flock and of their fat portions. And the LORD had regard for Abel and his offering, **5** but for Cain and his offering he had no regard. So Cain was very angry, and his face fell. **6** The LORD said to Cain, "Why are you angry, and why has your face fallen? **7** If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for<sup>[c]</sup> you, and you must rule over it." **8** Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him. **9** Then the LORD said to Cain, "Where is Abel your brother?" He said, "I do not know; am I my brother's keeper?" **10** And the LORD said, "What have you done? The voice of your brother's blood is crying to me from the ground.

### Reflections

In Genesis chapter four, the bible story line shifted from Adam to Eve, and then to their children. The bible did not tell us how Adam reacted after the birth of Cain but the

bible says that Eve expressed gratitude, saying "I have gotten a man with the help of the LORD". We cannot completely read and understand the emotions behind Eve's statement, but mothers here will understand that she was joyful, and probably hopeful, considering the promise in Genesis chapter three. However, things did not take an immediate turn for the better for Eve, rather, things got worse. She had another child, Abel, and probably other children that the bible did not tell us about. How heartbreaking it would have been for Eve to lose her two sons. Abel to death and Cain to sin. Interestingly, the key issue that led to the loss of Eve's children was sacrifice, which in today's language is best described as worship or religion. Cain and Abel worshipped God differently. God accepted Abel's worship over Cain's and Cain killed Abel out of anger and jealousy.

Genesis chapter 4 did not tell us exactly why God regarded the sacrifice of Abel over that of Cain, but God told Cain that he did not do well. Some bible scholars say that God disregarded Cain's sacrifice because it was not blood sacrifice. That interpretation is plausible, giving that "without the shedding of blood there is no forgiveness of sins" (Hebrews 9:22). However, Hebrews chapter eleven verse four tells us that Abel made a better sacrifice by faith. In other words, Abel's sacrifice was inspired by love, trust and obedience to God. While we cannot tell exactly what motivated Cain's sacrifice, we can see from his attitude towards God and Abel that he was a jealous and resentful person. What started as disappointment and anger grew to the extent that he killed his own brother. He probably saw his brother as his rival and thought that his world would be better without his brother. Note that while Cain's sacrifice was rejected because of his lack of faith and disobedience to God, he also killed his brother because of his disregard for the warnings of God. Disobedience begets disobedience and so does obedience.

Notice that God, in His love, did not ignore Cain's anger. He addressed it. God reminded Cain that He will accept him if he does well but much more, He warned him of the bigger temptation and affirmed his power of choice. God said to Cain "If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for you, and you must rule over it." (Genesis 4: 7) God's word to Cain is the key to overcome temptations in our lives. If we do well, in other words, if we act in faith and obedience, we will be accepted by God. But if we do not live by faith, we inadvertently invite temptations around us but even at that, God has given us the power of choice to rule over sin, albeit, it is not by might, it is not by power but by the power of His Holy Spirit (Zechariah 4:6). Friends I do not know what sacrifices we shall make this coming week, but I pray and hope that we shall sacrifice by faith and faith alone. But even if we fail to make our initial sacrifices by faith, may we not fail to hear the warning of God. I pray that we will listen and take hold of God's strength to overcome any sin that may be crouching at our doors.