



CELL GUIDE

TOPIC The Spirit of Cain

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THEME Be Alert and Vigilant

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MESSAGE SUMMARY

INTRODUCTION

The story of Cain and Abel (Gen 4:1-16) reveals a big lesson for all of us: **Pride, when left unchecked, can fester and destroy our walk with God.** The Spirit of Cain is the Spirit of Pride, which causes believers to elevate themselves and reject God's sovereignty and grace in their lives.

The opposite of pride is humility, which is a trait pleasing to God. Let us look into the story of Cain and Abel to understand pride's destructive powers and learn how we can overcome it.

THE SPIRIT OF CAIN

Background of Cain and Abel

Cain was Adam and Eve's firstborn son, and Abel was Cain's younger brother. Cain became a farmer, worked the soil, and produced crops that sustained the family. Meanwhile, Abel did not follow his parents nor his elder brother. Abel was a shepherd who kept flocks. Perhaps Cain saw his work as being more significant than that of Abel, since they were vegetarians in those days. Could this have been the beginning of Cain's pride?

1. **Pride made God's standard unacceptable to Cain (Gen 4:3-5)**

In the course of time, Cain brought some of the fruits of the soil as offering to God, whereas Abel gave fat portions from some of the firstborn of his flock. God was pleased with Abel's offering, but not Cain's. Perhaps Cain thought that his offering was good enough for God, but God looked at his heart and attitude, which may have contributed to God's rejection of it. Rather than repenting and accepting God's standard with regard to offerings, Cain became very angry (v5). The lesson here is that God's ways are different from ours (Isa 55:8-9). We are not to challenge God's ways. We must watch out for pride which can cause us to disagree with God's instructions and plans for our lives.

2. **Pride caused Cain to oppose God's grace (Gen 4:6-8)**

In response to Cain's anger, God assured him that he would be accepted if he did what was right. However, God also warned that if he did not do what was right, sin would be crouching at his door, it desires to have him, but he must rule over it. This suggests that Cain had the choice to sin or not to sin. God graciously gave Cain the opportunity to repent, but Cain persisted in his pride, and

plotted the murder of Abel (v8). This reveals the real danger of pride because it opposes everything that comes to save us, especially so when life is not going smoothly.

3. Pride caused Cain to hate God and His people (Gen 4:9-12)

When God questioned Cain over Abel's whereabouts, Cain replied "I don't know. Am I my brother's keeper?" (v9). Once again, God was extending mercy to Cain, but instead of confessing his murderous sin, Cain lied and showed contempt for God. For his crime, Cain was cursed; he was driven from the ground, and became a restless wanderer on the earth (v10-12). Here we see how pride, when left unchecked, can cause a person to despise God and become separated from God.

4. Pride made Cain spiritually blind (Gen 4:13-16)

Instead of pleading to God for mercy, Cain was fearful that people outside the land might kill him. Pride had reduced Cain to a state that he now feared men more than he feared God, the creator of mankind. Let us not be like Cain who allowed pride to rule over his life, causing him to be spiritually blind to the grace of our all-powerful and merciful God.

5. What can we learn from Abel's life?

The name Abel means "vapour", and Abel's life was indeed brief like a vapour, but his faith in God is far from being short-lived. By faith Abel brought God a better offering than Cain did. By faith he was commended as righteous, when God spoke well of his offerings. And by faith Abel still speaks, even though he is dead (Heb 11:4). Even Jesus spoke well of Abel, and counted him as one of the faithful prophets (Lk 11:50-51). Let us learn to be like Abel – to have faith to trust and obey God, and accept His standards as the only standards that matter in our own lives.

CONCLUSION

Unchecked pride is like a time bomb, ready to explode and derail our walk with God. Therefore, we must be quick to repent if the LORD has revealed any area of pride in us or if we are struggling to obey His standards for righteous living. As believers, we must cultivate humility to rely on God's grace and to submit to His sovereign plans. This is our best safeguard against the sin of pride.

QUESTIONS

1. Has there been a time where you were so overwhelmed with anger that you felt almost “murderous”? What happened?

2. What happens when your plans (work, family, relationships, ministry) turn out differently from your expectations? How do you tend to respond to God? Is there a specific situation you are wrestling with now and what is God saying to you?

3. How does pride destroy relationships?
Share an example of how humility has mended or restored relationships. Pray for one another on any particular relationship that they want God to help them work in.