



new life fellowship

**Sermon Title: Sunday School: A Fresh Look at Familiar Stories**

**Speaker: Rich Villodas – Lead Pastor**

**Scriptures: Genesis 4:1-16**

### **Cain and Abel**

4 Adam[a] made love to his wife Eve, and she became pregnant and gave birth to Cain.[b] She said, “With the help of the Lord I have brought forth[c] a man.” 2 Later she gave birth to his brother Abel.

Now Abel kept flocks, and Cain worked the soil. 3 In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. 4 And Abel also brought an offering—fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, 5 but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.

6 Then the Lord said to Cain, “Why are you angry? Why is your face downcast? 7 If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”

8 Now Cain said to his brother Abel, “Let’s go out to the field.”[d] While they were in the field, Cain attacked his brother Abel and killed him.

9 Then the Lord said to Cain, “Where is your brother Abel?”

“I don’t know,” he replied. “Am I my brother’s keeper?”

10 The Lord said, “What have you done? Listen! Your brother’s blood cries out to me from the ground. 11 Now you are under a curse and driven from the ground, which opened its mouth to receive your brother’s blood from your hand. 12 When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.”

13 Cain said to the Lord, “My punishment is more than I can bear. 14 Today you are driving me from the land, and I will be hidden from your presence; I will be a restless wanderer on the earth, and whoever finds me will kill me.”

15 But the Lord said to him, “Not so[e]; anyone who kills Cain will suffer vengeance seven times over.” Then the Lord put a mark on Cain so that no one who found him would kill him. 16 So Cain went out from the Lord’s presence and lived in the land of Nod,[f] east of Eden.

### **Sermon Summary:**

This Sunday, we’re kicking off an 8-week summer sermon series called “Sunday School: A Fresh Look at Familiar Stories.” We will revisit one of the most well-known—and deeply human—stories in the Bible: Cain and Abel. Together, we’ll explore the powerful themes of jealousy, broken relationships, and how these struggles shape our walk with God and our connections with others.

### **Sermon Questions:**

1. Share a time in your childhood when you felt really jealous.

Examples of kinds of jealousy: Romantic, accomplishments/career, standard of living, popularity, etc.

2. Reread the story of Cain & Able. What do you notice as you read it? What stuck out to you as Rich preached about this Old Testament story?
3. In verse 7 God says to Cain. "But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it." Do you think the metaphor of sin crouching down like a hidden tiger is a relatable metaphor? Why or why not? If you are comfortable, share a subtle or overt way you have experienced sin crouching at your door?

Pastor Rich said sin likes to act "much smaller and less present than it really is. We need to pay attention because sin crouches down little by little in your life so we should take the danger called sin seriously because it desires to have you."

4. Pastor Rich invited us to ask ourselves 3 simple questions:
  - 1- What's the story you are telling yourself?
  - 2- What's the lie you are believing?
  - 3- What are the gifts that I need to acknowledge?

Take time to reflect on these 3 questions and complete the prompt, "I am beginning to realize..."