

Growing up, I always identified myself as a Superman fan. One super hero that never made sense to me is the incredible hulk. All he is, is a dude who gets super strong when he gets angry. The main character is a scientist named Dr. David Banner. Normally, Banner was a very friendly man. But whenever he got angry, his eyes would turn green and he would be transformed into this big, green, monster. If you were a person in need, he would save you. But if he was mad at you... look out. He would pick you up and throw you to the other side of the room like you were a rag doll. Dr. Banner didn’t like what anger did to him. In fact, the whole story line is built around how he attempts to get rid of that part of him. The sin of anger is like a lion lying in wait for his prey. It will attack when you least expect it. This is what anger did to Cain in Genesis 4.

**Because God expects right worship and right responses, you must give Him real repentance.**

**I. God Expects Right Worship. (Gen. 4:2b-5)**

**A. God accepted Abel’s best.**

Why did God accept Abel’s offering? There are a few clues given in these verses. Abel offers the firstlings of his flock and the fat thereof. That word referring to the “fat” means “choicest, best part of, abundance.” He gave the best that he had. One thing we know for sure, Abel’s sacrifice was acceptable before God because he gave it in faith. Hebrews 11:4 says, “By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous.” His actions gave witness to what was in his heart. On the other hand,

**B. God rejected Cain’s offering.**

Cain offers the fruit, not the first fruit of the ground. He was not as sacrificial as Abel was. His heart was not right with God. Cain seemed as if he was simply fulfilling a duty. Motives do matter to God.

**II. God Expects Right Responses. (Gen. 4:6-8)**

Cain became very angry and his countenance changed. His anger was written all over his face. God then begins to question Cain.

**A. God offers forgiveness.**

He tells Cain that if he changes his heart in worship, then he will be accepted. He offers Cain a chance to repent, and then...

**B. God warns about sin lying in wait.**

God can see the heart. He knows what is running through Cain’s mind. He paints a picture with words for us. He tells Cain that sin is lying in wait for him like a lion lies in wait for his prey. He offers help so that Cain can overcome the domination of sin in his life.

Because Cain had a worship problem, he also had a temper problem. It was an evidence of where his heart was.

**III. God Expects Real Repentance. (Gen. 4:9-16)**

God confronts Cain with his sin. Notice again How God offered Cain a chance to confess his sin. He asked questions and then lays out the consequences. The ground would not yield fruit like it used to and Cain and his family would wander alone.

**A. Sin always causes consequences.**

**B. Sin always causes separation.**

Cain’s response to His punishment was self-pity rather than repentance. Self-pity was a common theme in Cain’s life. In Cain’s response to his punishment, He only talks about himself. There is still no sense of repentance or remorse. He shows no desire to turn from His sin to God. He did not once mention Abel, God, or his parents. The killer now feared being killed. God offered a chance to confess and repent, but Cain cared more about himself than with reconciliation with God. A telling phrase is where Scripture says that, “Cain went out from the presence from the Lord. Sin always causes separation, but repentance brings reconciliation.