

# Real Life Downloaded & In the World

*For June 1, 2025*

**Lesson Focus:** Let God decide what is acceptable.

**Bible Basis:** Genesis 4:1–16

**Memory (Key) Verse:** Genesis 4:6–7

**Summary (Lesson Title):** The Offerings of Cain and Abel

## Step 1

### **WHY ARE YOU ANGRY, BOBBY?**

When Bobby Gumprecht was an 18-year-old bartender in New Orleans, he was addicted to cocaine. His parents confronted him about why he was broke on payday, and rather than admit that he'd used his paycheck for drugs, Gumprecht invented a story about being robbed at gunpoint. From a police lineup, he pointed out 20-year-old husband and father Jermaine Hudson as the culprit. Hudson was sentenced to 99 years in jail. As the years passed, Gumprecht was wracked by guilt. Finally, more than two decades later, he cried out to God, and he felt convicted, as if the Lord had said, "Son, why are you so angry?" This was a turning point for him, and he came clean, which resulted in Hudson's release from prison. Hudson forgave Gumprecht. "I have a forgiving heart," he said. "And in order for me to really move on, I forgave him, because I understood what he was going through."

### **WHY ARE YOU ANGRY, CAIN?**

Today's reading involves the first murder in the Bible. Both Cain and his brother, Abel, brought offerings to the Lord, but God rejected Cain's offering. In Cain's rage and confusion, the Lord asked why he was so angry and urged him to do what was right. Instead, Cain rose up against Abel and killed him.

## Questions

1. What's the most liberating truth someone has ever told you?
2. What do you learn about God from His response to Cain?
3. How might the story have played out if Cain had heeded God's warning?

### **Additional Links**

*Any videos or web materials are for your personal use.*

*If you play any media files in class, be sure to have the necessary rights to do so.*

1. Contemporary Worship Weekly  
<https://open.spotify.com/playlist/4JGkwp5ZDf5Eww31SGcF4n?si=63d4fa10ddfa47aa>

2. Echoes Worship Weekly  
<https://open.spotify.com/playlist/2psN0hA48H9lyh6vJc5KKb?si=3ef5bb07ee15409e>
3. Traditional Worship Weekly  
<https://open.spotify.com/playlist/2utAcyXMWglyBYmM6iBLfi?si=26c938e689ad4d1f>
4. Theology of Work's "The First Murder (Genesis 4:1–25). <https://www.theologyofwork.org/old-testament/genesis-1-11-and-work/people-work-in-a-fallen-creation-genesis-4-8/the-first-murder-genesis-41-25/>
5. Bible Project Podcast: "Rivalry Among Brothers" <https://bibleproject.com/podcast/rivalry-among-brothers/>
6. Thomas L. Constable's Notes on Genesis 4 <https://netbible.org/bible/Genesis+4>

You can find **Steps 2 and 3** in your teacher's guide. For upper elementary, middle school, and high school your Step 4 appears below. For adult, use the Step 4 in your teacher's guide. To purchase a teacher's guide, please visit: Bible-in-Life or Echoes.

#### **Step 4**

You can find Step 4 of this lesson in your teacher's guide, which you can purchase by visiting Bible-in-Life or Echoes.