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**Genesis 4:3–12 NKJV** And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the Lord. <sup>4</sup> Abel also brought of the firstborn of his flock and of their fat. And the Lord respected Abel and his offering, <sup>5</sup> but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell... <sup>8</sup> [and] Cain rose up against Abel his brother and killed him. <sup>9</sup> Then the Lord said to Cain, "Where *is* Abel your brother?" <sup>10</sup> ...And He said, "What have you done? The voice of your brother's blood cries out to Me from the ground."

**Genesis 4:5 NKJV** For God knows that in the day you eat of it your eyes will be opened, and **you will be like God**, knowing good and evil."

**Genesis 4:3–8 NKJV** Cain brought an offering of the fruit of the ground to the Lord. <sup>4</sup> Abel also brought of the firstborn of his flock... And the Lord respected Abel and his offering, <sup>5</sup> but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. <sup>6</sup> So the Lord said to Cain, "Why are you angry? And why has your countenance fallen? <sup>7</sup> If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire *is* for you, but you should rule over it." <sup>8</sup> Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.

**Genesis 4:3-5 NKJV** ...Cain brought an offering of the **fruit of the ground to the Lord**. <sup>4</sup> Abel also brought of the **firstborn of his flock**. And the Lord respected Abel and his offering, <sup>5</sup> but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell.

**Genesis 4:5 NKJV** [God] did not respect Cain and his offering. And Cain was very angry, and **his countenance fell**.

**Genesis 4:6-8 NKJV** So the Lord said to Cain... <sup>7</sup> If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire *is* for you, but you should rule over it." <sup>8</sup> Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that **Cain rose up against Abel his brother and killed him**.

**Genesis 4:4-7 NKJV** And the Lord respected Abel and his offering, <sup>5</sup> but He did not respect Cain and his offering...<sup>6</sup> So the Lord said to Cain, "Why are you angry? And why has your countenance fallen? <sup>7</sup> **If you do well, will you not be accepted?** And if you do not do well, sin lies at the door. And its desire *is* for you, but you should rule over it."

**Comparison contaminates the soil of your life.**

**Genesis 4:9-10 NKJV** Then the Lord said to Cain, "Where *is* Abel your brother?" He said, "I do not know. Am I my brother's keeper?" <sup>10</sup> And He said, "What have you done? **The voice of your brother's blood cries out to Me from the ground.**

### **The Soil of your life reveals everything God needs to know.**

**Genesis 3:9-10 NKJV** Then the Lord said to Cain, "**Where *is* Abel your brother?**" He said, "I do not know. Am I my brother's keeper?" <sup>10</sup> And He said, "What have you done? **The voice of your brother's blood cries out to Me from the ground.**

**Genesis 3:12 NKJV** When you till the ground, **it shall no longer yield its strength to you.**

### **Do not ignore your fallen countenance.**

**Genesis 4:5-6 NKJV** but [God] did not respect Cain and his offering. And Cain was very angry, and **his countenance fell.** <sup>6</sup> So the Lord said to Cain, "**...why has your countenance fallen?**"

**Genesis 4:7 NKJV** "**...sin lies at the door.** And its desire *is* for you...."

**Genesis 4:7 NKJV** So the Lord said to Cain, "...why has your countenance fallen? <sup>7</sup> **If you do well, will you not be accepted?**"

**Isaiah 61:1 NKJV** ...the **garment of praise** for the **spirit of heaviness.**

### **Heaviness is a spirit and Praise is a decision.**

**Psalms 43:5 NKJV** **Why are you cast down, O my soul?** And why are you disquieted within me? Hope in God;

**For I shall yet praise Him,** The help of my countenance and my God.

**Genesis 3:7 NKJV** ...sin lies at the door. And its desire *is* for you, but **you should rule over it.**

**Psalms 43:5 NKJV** **Why are you cast down, O my soul?** And why are you disquieted within me? Hope in God; **For I shall yet praise Him,** The help of my countenance and my God.