

Topic	Cain and Abel – Two Ways to Live
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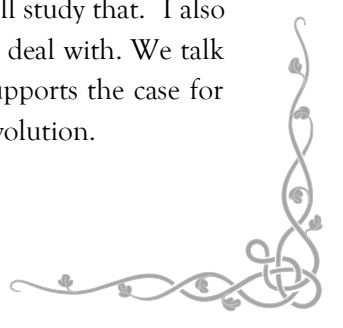
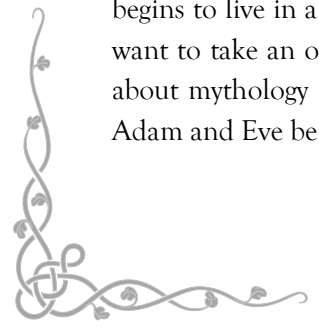
Morning everybody and welcome again to another online service Sunday morning. I hope it's a beautiful Sunday for you. This is our new normal, get used to it guys. Another two more weeks to go. God willing, God willing in prayer. Before we start the sermon, I wanted to make two announcements, which Leon brought up just now, just to encourage you guys.

The first is our zoom prayer meeting. Let me explain the rationale behind this. This happens every day from 9:00 PM and it goes from 9:00 PM to 9:15 to 9:20, 20 minutes. What we do is that we're trying to provide a platform for everybody in the church to just log on. You know, sitting at home, four walls, staring at the same people. Mental health science would tell you that we are not wired to do that. We are wired to connect. So what we want to encourage everybody is, you don't have to do it every night. Anytime you are available, maybe once a week, twice a week, whatever helps you to keep sane and to connect with the body of Christ. 9:00 PM log onto zoom. The possibilities there you, I'll just give you the number again. The meeting ID is 929735694. I will 929735694. There's no password getting there. We've been doing it for a few nights in a row, that's about 14, 15, 13, just regularly, we hope the numbers are grow. We are getting new comers coming in. Let us know you and what we do is that we will just spend a short time chatting, asking how is everybody? And then after that we will then go into a time of prayer and you can give us your prayer needs. So we encourage you to stay connected with everybody else. Join us in zoom.

Here's another one, FBC's Family Life Ministry has launched something called Talk to Us, and, Leon gave the slide just now, there's a WhatsApp number there. Contact that WhatsApp number if you need to talk to anyone of us or you need prayer intercession. We have a team of 10 volunteers. They are on standby and on rotation every day, and if the issue is serious, we will connect you to our therapists. So we have some professionals on board. Sometimes during this, you know, this lock down period can be difficult. Already the science is telling us, a lot of counselors are telling us that people go into depression, four walls, facing the same people, you get on each other's nerves. So it can be difficult. So if you are struggling with this lockdown and you find it hard to cope and you want to talk to someone about your issues, seek advice. If you know someone asks you how you, and you just really feel down, you just feel depressed. Don't fight this alone. We are community. Just be with us as we just try to help you through this as a church. We want to walk with you.

So today we're going to continue on Genesis and it's going to be the last on my part. Last of the three parts. So we are going to talk about Cain and Abel. There's Genesis chapter four, and I hope that we can make this relevant to what we are going through, that we can find some lessons in Genesis 4 to our situation.

Now, for example, we are all trying to adjust to what people call the new normal, working from home, not being able to go out so often. And Genesis 4 is the new novel because Genesis 3 is the fall. And Genesis 4 mankind begins to live in a broken world. So Genesis 4 is a pattern, a pattern for us to look at, and we will study that. I also want to take an opportunity to talk a little bit about evolution. I think that's the last part I will deal with. We talk about mythology in the first of the series about a snake. We talk about how genome science supports the case for Adam and Eve being the first inhabitants on earth. And today we want to talk a little bit about evolution.



Does the Bible support evolution? Now, why do you think some people say, why is that relevant? It may not be relevant to you, but your kids it is, because they teach this in school. So we will sidetrack a little bit just to give us the views of a very famous scholar called, Derek Kinder, who wrote a very famous Old Testament account on this, supported by Tim Keller about evolution.

So let's start now with a word of prayer. Shall we bow our heads. Lord God, we can only come in humility and we only come in repentance as we go through this crisis unprecedented in the 21st century. As the numbers continue to spike in Malaysia, as reports say the worst is yet to come. Lord, we can only just get on our knees and repent. This is the new normal for us and we will never be the same again. Speak to us O Lord through your word this morning. Let us learn lessons to apply to our lives and Lord during this session we repent. We repent, and we just ask other lessons you want us to learn for ourselves personally, and we say this in Jesus name. Amen.

Okay guys, let's turn to scripture and we'll go to Genesis and we're going to read Chapters 4. So if you have your Bibles with you, shall we turn to Genesis chapter 4. Let me give you a little bit of the background on this. We'll just go back first to Genesis 3 and we've been reading about it. Genesis 3:15

I will put enmity between you and the woman and between your offspring and hers. He will crush your head and you were struck his heel.

Try to imagine yourself as a Hebrew person in the time of Moses, they will say, what does that mean? What do you mean by saying that, you know, enmity between you and the woman and the two offsprings here, your offspring and hers? Who are the offspring of the snake, who is the offspring of the woman. Then you come to chapter 4 and what is chapter 4 all about, it is all about giving birth. Giving birth to Cain, giving birth to Abel. Chapter 5 onwards, giving birth to Seth and then the lineage. So a Hebrew person understands, ah that's the connection. So to really understand chapter 4, you have to connect it to chapter 3 and in particular you have to connect it to that verse chapter 3, verse 15. So let's read chapter 4, verse 1. I will just read the whole chapter.

Adam made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, "With the help of the Lord I have brought forth 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.

17 Cain made love to his wife, and she became pregnant and gave birth to Enoch. Cain was then building a city, and he named it after his son Enoch. 18 To Enoch was born Irad, and Irad was the father of Mehujael, and Mehujael was the father of Methushael, and Methushael was the father of Lamech.

19 Lamech married two women, one named Adah and the other Zillah. 20 Adah gave birth to Jabal; he was the father of those who live in tents and raise livestock. 21 His brother's name was Jubal; he was the father of all who play stringed instruments and pipes. 22 Zillah also had a son, Tubal-Cain, who forged all kinds of tools out of[g] bronze and iron. Tubal-Cain's sister was Naamah.

23 Lamech said to his wives,

"Adah and Zillah, listen to me;

wives of Lamech, hear my words.

I have killed a man for wounding me,

a young man for injuring me.

24 If Cain is avenged seven times,

then Lamech seventy-seven times."

25 Adam made love to his wife again, and she gave birth to a son and named him Seth, saying, "God has granted me another child in place of Abel, since Cain killed him." 26 Seth also had a son, and he named him Enosh.

At that time people began to call on[i] the name of the Lord.

Okay. It's a straightforward reading. Most people are familiar with the story, but some of the details can be quite interesting. Now, as mentioned just now, chapters 4 is what we call a blueprint, because chapter 3 is a fall. Chapter 4 is the new normal. So Chapters 4 says you a lot of things, which are what we call precedents in a broken world. It gives you the blueprint, and there are three things mentioned here, which is the first time they are ever mentioned in scripture, and we'll pick it up as we go.

Let me give you the first one. The first one is the word **sacrifice**. Not brought up before in the first three chapters. And we of course know the story. Two brothers, one is a shepherd, another is a farmer. Cain is a farmer and the story goes, he brings some offering, but there's a contrast here. So let's look again at that verse. The verse is verse 2b,

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.

So it just says, Cain brought offering. Now what's interesting is that it doesn't tell you why he did it. Now, verse four is interesting because it is contrasted, and Abel also brought an offering. And here is the contrast of portions from some of the firstborn. So the author is very obviously telling you. Two offerings. One is the best and one is not. So it has an easy reading to read. We'll come to the application later on. And then as they're very famous verse that everybody jumps on, which is a verses six to seven about Lord said to Cain why you are angry. So here's the second, S. There are 3S's, that sets the tone, never been used before in scripture. The first is **Sacrifice**. We found that in verses one to five. Here's a second S and it's the word **sin** never used before, wasn't even used in chapter three and it stays in a very famous verse,

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.

And remember at this point, Cain hasn't sin yet, but he's very close to doing it. So that's the second part. And of course verses 8 onwards, there is an account of Cain murdering the brother. You find as a parallel now with Genesis, Genesis, when Adam and Eve sin, God says, where are you. Actually God knows where they are, and here's the same thing,

Lord says to Cain, where is your brother Abel.

Actually the Lord knows, the Lord is trying to flush him out. And then of course, verse 10 there is the curse will come today, an important verse. Your brother's blood cries out to me from the ground. Now what does that mean? We will look at Hebrews to try to understand a little bit, and then there's what is called the Mark of Cain..

Now you're under a curse and driven from the ground, and we find the Mark of the Cain is found in verse 15. Anyone who kills Cain will suffer vengeance seven times over.

Now, we don't know what the Mark is, so let's not speculate, but what's important is that the Mark of Cain is a Mark of grace because Cain complains, he's going to be killed by people out there. So God puts a Mark on him. So that he doesn't get killed. Now I want to spend a bit of time on this. Here's a question to everybody out there, to all the Bible Scholars. Cain says in verse 13, **are we a restless wanderer on the earth, whoever finds me will kill me.**

How many people on earth then?

Before it is you read it you will think, Adam, Eve, Cain and Abel, only four people. Where did these other people come from? Well, to compound the story later on, verse 17 Cain made love to his wife. Who was the father of Cain's wife? You have got to answer these questions and later on, just one verse after that, Cain was then building a city. You don't build a city with five people, you need a lot more people. So the text is telling you there were a lot of people. Where did that come from? So let's divert a little bit because I'm going to talk a little bit about science and evolution now. Now, there are two ways of looking at it, and I want to stress, you don't have to agree with me.

Okay? Christians must learn to agree to disagree on non-essential things. Why am I bringing this up? Because if your kid asked you, Dad what happened to the dinosaurs, Dad I learned about Cro-Magnon men today in school, I learned about homo erectus. They found the fossil of the skulls of early men. Does the Bible teach us about early man, how do you reply him? And this is a chapter which interestingly gives you an Avenue to explain this. Now there are two schools of thought, and this is just my view. The first is that. Some scholars say Adam and Eve had

actually more children, and the narrator here is only picking up the line of Cain and Abel and the line of Seth. So that is one story. Because at that time, scripture tells us people live very long, many-many hundreds of years. So it was very easy for Cain and Abel to populate the earth with many people. And then all of the them had a lot of children, people lived very long, and so by the time the account comes where Cain says, other people will kill me, they are all the offspring of Adam and Eve.

That's possible. But I struggle with that because texturally look at the way the verse goes. It says in verse 25

Adam made love to his wife again, and she gave birth to a son named Seth. God had granted me another child in place of Able

Now the way, the text goes, it simply means that there was only one other child after Cain, after Cain murder Abel there is Seth and then the line continued. The text doesn't seem to support that Adam and Eve had a lot of children and the narrator only pick this up, but you could believe in this. Here's another possibility, which is quite controversial. There are actually a lot of other people out there. They are not from the line of Adam and Eve. Now it's a scholarly debate, a very famous scholar called Derek Kinder, wrote this in a Tinder commentary. Tim Keller has written about it. It's not perfect, but it's worth exploring and the proposition it is, it comes from the Book of Job. I want to divert a bit because this is important point and Book of Job Chapter 10 says this, let me just read it to you, you don't need turn to it.

*8, your hands shaped me and made me
Will you now turn and destroy me?
9 remember that you molded me like clay.
Will you now turn me to dust again*

Now that's poetic language, God is what the potter, you are the clay

*Did you not pour me out like milk and curdle me like cheese.
11 clothe me with skin and flesh and knit me together with bones and sinews?
12 you gave me life...*

Now what is that doing, in Job there is a combination of biology and creativity? So Kinder's view is that, God created many men. Again, this is a bit controversial. And in that new earth in the garden of Eden, right? He put Adam and Eve, he put together perfection. It didn't mean out there, there was sin. It was basically unclean. Some people call it all imperfection, and that accounts for dinosaur fossils, that accounts for Cro-Magnon man, it accounts for homo erectus. And in Derek Kinder's view when God made Adam his image, God had made him the federal King, everyone out there became regions. So the blessings went out, and when Adam sinned that same curse went out and so it ties in with Romans 5. So Kinder in one proposition basically says that explains and reconcile science with the Bible.

Now you don't have to agree to it. Why am I telling you this? Because it's interesting if you want to have a dialogue with other people on that, here's what Christians believe. There should not be a debate about evolution versus the Bible. The Bible is not against evolution as a biological process because chapter 3, we found out already there is already and evolution of plants versus 18, it will produce thorns for you. That's evolution. What the Bible or what

Christians are concerned about is when evolution is taught as a worldview and removes God. So a little bit of a diversion for us. Oh, let's go back to the text.

So after that, what happens is that we know Cain then went out, he built a city, his children did very well. And here's the third S, right? You notice there's a, the word **seven** is mentioned a few times. First is found by God, the Lord says, anyone who kills him, verse 10, will suffer vengeance seven times over and then in verse 24, the descendant of Cain Lamech says, if Cain is avenged 7 times, Lamech 77 times.

So what does that seven implies, we are going to go to it. And I want to make a suggestion, seven is actually perfection, but at the time of Lamech perfection is being distorted. The last 'S' I'm going to give you, we had first, we had about Sacrifice. The second is Sin. Here's the third one. **Sovereignty**.

So I'm going to give you three points.

1. There are two ways to live. I think that's important for us to remember. There are two ways to live, is marked by Cain, the way of Cain, the way of Abel, and in these very difficult times, we need to get our overall perspective right? And we need to ask ourselves again. Are we going the way of Cain? Are we going to way of Able. There are two ways to life. That's the first thing, perspective.
2. Here is the second point which is really relevant to us, guard your emotions, and during this time a lot of people are fearful. In the case of Cain, it was anger and God is telling him guard your emotions. Why? Because it says sin is crouching a door. You must rule over it. He has not sin yet and we know he's very angry. Guard your emotions, whether it's anger or fear or sadness.
3. Lastly, this is a story where the good guy dies. The bad guy does very well. I mean, that guy has kids. They go on to invent everything. They are the forefathers of creativity, music. They are the forefathers of agriculture, they are forefathers of technology. That's the line of a murderer. So you're a Hebrew guy, you really, you say, well, what's so great about this chapter? So God is sovereign and that that's probably important for us as we go through such difficult times. And we are, we're not just not sure when it is going to end. So we're going to look at your three points.

So let's look at the first one.

TWO WAYS TO LIVE:

I want to look at the book of Hebrews. We picked up just now there to two sacrifices, right? And it's very obvious. Abel gave the best, Cain did not. And of course, lot of people like to make a lot of comments about they like to speculate that Cain did it because of reason A or B for ritual. The Bible doesn't tell us. So let's not speculate. Let's go to the Book of Hebrews, because the Book of Hebrews picks up this sacrifice and if you have your Bibles with me, turn to Hebrews chapter 11. Now it is important because Hebrews is a book telling Christians to persevere and in a context of Hebrews is persecution for us now is not persecution, it is uncertainty.

So it's is a good book to refer to. So look at Hebrews 11 verse one famous verse.

Now, faith is confidence in what we hope for and assurance about what we do not see. 2 This is what the ancients were commended for.

And we jumped to verse 4 and the first person he mentioned

4 By faith Abel brought God a better offering than Cain did.

That is all it says.

By faith he was commended as righteous,

So his offering was righteous. Why? And it says

when God spoke well of his offering,

and here's the interesting verse

by faith Abel still speaks, even though he is dead

Wow. Actually what he is speaking to you and me. He's saying this. He's saying any sacrifice, remember the context of chapter 11 is faith. Any sacrifice not given in faith is not a sacrifice at all. So during this time, if you are tune in and you'd be doing it regularly, it shows your heart is right. Some people say, no need to go to church lah, and they don't bother, but when virus is over, you see them back again seating at the back. So encourage yourself, you're on regularly, you persevere, that's a sacrifice of faith because faith is seen in difficult circumstances. You see, why is Abel's faith pointing to us? What does it speak to us? It's speaks to us being a living sacrifice. There are two ways to live, and as Romans 10 you are either a living sacrifice where you give everything to God. He rules over you or you have a form of religiosity, you have a form of being like Christian, you, you'll be there, you go through the emotions, but in dark times you are shaken because your faith is not really there.

Two ways to live. One, God is King in your life. Why? Because Jesus died for my sins and he's both my Lord and savior. Secondly, you come to church, you look like a Christian, you speak Christian words and like Cain you offer some sacrifices? You give money in, you come occasionally, you know how to say the right words, but the heart isn't there. You see, it isn't about a person who doesn't believe in God and a person who believes in God. It's about being fully committed to God. Cain and Abel, Enoch and Jacob, Ishmael and Isaac, and as you go on, same thing, sheep and goats, two kinds of soil, narrow gate and wide gate, two ways to live. And you've got to ask yourself during this difficult time, you may think you're a Christian, but are you like Cain? Because there's much more to Cain to us than we admit. And during crisis times where our faith is being shaken that is where we see who are we.

Here is the other part and Hebrews is interesting because Abel is not just mentioned in Chapter 11, he has that bonus of being mentioned again in Chapter 12 and Chapter 12 is such a great chapter. We'll come to little bit about it and quite interestingly when you go to verse 18 that's again, two choices, mountain of fear, mountain of joy. You notice the Bible is very consistent about this motif. Two ways to live, two choices, so mountain of fear, mountain or joy. Let's go to verse 22,

22 But you have come to Mount Zion, to the city of the living God, the heavenly Jerusalem. You have come to thousands upon thousands of angels in joyful assembly,

So the author is trying to tell you, wow look at that. Hey, don't, don't look at your current problems. Look with eyes of faith to the future,

23 to the church of the firstborn, whose names are written in heaven. You have come to God, the Judge of all, to the spirits of the righteous made perfect, 24 to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

You've got to really soak that in because that's really powerful. What is it telling us? Because we read just now in Genesis Chapter 4 verse 10 he says, the Lord said, what have you done? Your brother's blood cries out to me from the ground. You see Abel foreshadows Christ, he's a living sacrifice and his act of righteousness caused him to die. That is interesting, isn't it? Because the first account after chapter three, the new normal, but Abel can't save us. His sacrifice points to judgement and this is what it says, your brother's blood cries out to me from the ground. What did it mean? There is judgment for sin. So we pause here a bit. All of us are a bit like Cain.

You say, oh no I didn't murder anyone. Really? So if a person goes out there and unintentionally infects a lot of people and someone else dies, doesn't that make you a sinner? If you go to the supermarket and you hoard toilet rolls, what's the difference. If you go on WhatsApp and pass fake news and get people depressed, what's the difference. You sit at home and just get on everyone nerves and always worry, what's the difference. You see sin and suffering are very tied together, and so the blood of Abel points to us in judgment and so we are all sinners and the Hebrews writers says this, really-really encouraging,

To Jesus the mediator of a new covenant, to the sprinkle of blood that speaks the better word than the blood of Abel

The blood of Abel point to judgment. The blood of Christ points to grace. Two ways to live. Are you under grace, are you under judgment. Does the cross, does the gospel just wrap everything us around. Now that's the big picture, right? And you can ask yourself, what does that going to do with what we are going through, everything. Let me give you a classic application just now. We talked about toilet rules, right? Why do people hoard toilet rolls? Because there's one emotion there and there are a lot of online articles on that. It's about dealing with fear. People hoard toilet rolls because when you are under fear, you feel like you're not in control. So what do you do? You hoard it because it makes you feel in control. There is something you can control. Psychologically, it makes you feel better, but actually is nonsense. It's a very sinful act because you deprive other people of toilet rolls.

Same thing, last week there was a talk about a certain, you know, prescription that was supposed to cure Covid-19 and it went viral online. The pharmacies are all out of it. So people stock, they hoard because the essence of sin is self-centeredness. So a guy who probably needs it, cannot buy it anywhere out. You go out there to the supermarket, you want to get sanitizer, 70% alcohol. You can't get it people hoard. So don't say we are not like Cain. So what is that, it is fear. Now, here's the other extreme, some people say, I am not afraid of it. I am going to go out there, this is the rebellious side. I am going to go out anyway and God is going to protect me. That's nonsense. So how you deal with the emotion of fear. If you don't control it, what is God telling us? Sin is crouching in a door and you must master it.

You see when you go on the text here. The text at verse nine, how do we know it is emotions? Because the first thing the Lord says to Cain is, why are you angry? Because those emotions are the gateway to sinful thoughts. He's angry and God is trying to tell you, you know, don't let that anger cloud your thinking. Instead think about what you did and what did he do? He did not give a sacrifice out of faith, but what happened? He, let anger just overwhelm him.

You notice the language here is like a predator. Sin is crouching like a lion is interesting. Scholars have picked it up because in earlier chapter, you notice sin, you have few people rise. Our sinful nature, the environment and the devil, and the snake is deceptive. So he is here thinking about how sin works with you. It deceives you. That's what a snake does because the children of the snake are like this and it pounces on you when you're not in God. So let me explain a little bit, the Bible is full about dealing with emotions. Anger is here first emotion. Fear, all over the Bible. You find that in Chronicles, you find in Kings, you find in Psalms. Although the oceans roar, you know, Philippians 4:6, do not be anxious about anything. Fear is major and here another two more emotions, sadness and joy. But what is the text telling us? If the text is pointing towards the gospel and we found that just now in Hebrews chapter 12, what is your shield against negative emotions doing this time?

Your shield is the gospel. So brothers and sisters, you are sitting home, you are fearful, and you have every right to be fearful because it could spike more and more, the worst could yet to come. The economy could be devastated. Some of you out there could go financially very, very bad, and people attends WhatsApp, racist remarks are being made on all sites. When fear overwhelms us, it spirals down. In the same case with Cain, it was anger, which led to resentment, lead to jealousy, led to him killing the brother, and that's not all he left a legacy of hate to his children and his children Lamech remembers it, no remorse and doubles down, Cain murders anyone Lamech murdered 70 times seven avenge, is an intergenerational problem.

Guard your emotions because it will just make your mind think of all sorts of things. Now let us find something in scripture to deal with the emotions of fear, because that's something we all go through now. So, let's turn to that very famous text in Philippians and we all know that, right? We all know Philippians 4. Let's read it again and we will go to verse 6 and it says

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

I want to focus on verse 7. You see the emotion is there. The first thing Paul tells you is calm yourself down and this is what it says,

And the peace of God, which transcends all understanding will guard your heart and mind.

Notice, he uses the word guard. You know, why guard, because when we are fearful our mind plays a lot of things. We think of a whole lot more, how long this is going to go, how am I going to pay my staff? How am I going to survive, if my company doesn't do well, would they go on long, will the economy collapse with this? The mind plays up many things so he says guard it, but guard it with what,

Guard it in Christ Jesus

Why? Guard in Christ Jesus? Few reasons.

1. Jesus understands fear. At the garden of Gethsemane he says, if it is possible take this cup away from you, so you are fearful, you have a savior who understands fear.
2. He is victorious over fear. So for us who are Christians we should not be anxious. Now, that's a struggle. That's a struggle. That's why Paul keeps saying rejoice, rejoice. He's not telling you to be really, you're going to be rejoiceful, but he's trying to tell you your joy should be in the Lord. He is going back to Abel. If your life is a living sacrifice, you give your best to God. God doesn't say he's going to remove your problem, but

God is saying he will walk with you. In the same way God was willing to walk with Cain through his problem and Cain did not want it. And so Cain departed from the presence of the Lord after the judgment.

So brother and sister, if you're worrying about these things, let Christ, let gospel do two things. One, you are fearful. Well. Christ understands fearful, so it's normal to be fearful, but number two, he is victorious over fear. He will walk with your through. Let it guard your heart and mind. Here is another thing. Remember there's some practical advice that Bible is giving. Emotions and the mind, and the Bible is always telling you the mind is a key thing. That's why living sacrifice, you go make the first point. What is living sacrifice? That Romans text the renewal of your mind. Either that you keep thinking all sorts of things, you let loose and you sit in four walls there. You know, you check your WhatsApp every few seconds, the dopamine level goes out of control. Your cortisol goes up, you get bombarded every few minutes because you're checking your phone. They tell you know, number's gone up. This is what's happening in the States. This is happening in Spain and Italy. You are getting negativity overdose. So you renew your mind and here it gives you a very practical thing, you know, what it says verse eight finally, brothers and sisters, whatever is true, a lot of WhatsApp messages are untrue. Whatever is noble, passing messages around and seeing that are you really bet how long? But sometimes it is not very noble.

Whatever is right, whatever is pure, whatever's lovely, whatever's admirable. If anything is excellent or praiseworthy, think about such things

I will tell you one great way about doing this, join us in our zoom prayer. We will encourage one another, and for me, we've been doing it a while, and I hear brothers, sisters, they talk. We encourage, the mind doesn't get so negative. So guard your emotions, fill yourself with people in a situation which is not so negative because emotions are the gateway for sinful thoughts and sinful thoughts leads to sinful behavior. Let me end with this, and I'm just going to wrap the whole story. Let's go back to the, the whole idea of the seven again. I mean, this seven is interesting because it's not just mentioned twice, in verse 10 Cain will suffer vengeance seven times over and then Lamech saying again, you know, in verse 24, Cain is avenged seven times, Lamech 77 times. If you count the word Cain and the word brother and you do a head count, there are all in multiples of seven. So the author wants you to pick this up.

Now seven is in the Bible, perfection. Perfection is this, God's will is perfect even though you don't see it. What do you think the number of the devil is 666, because it's close to seven. Now, this is what scripture is telling you. It is happening and this is a new normal. The devil tries to imitate God. You can do a lot of things, do technology, do music, do agriculture, show progress, but a heart that is deceit, there is polygamy and there is violence. You know where we're going with this, right? So this is where the tech is trying to pull you down. You see, when you look at a chapter, right? You say, good guy dies, bad guy lives, has kids. What does the children do? Become the forefathers of all the things that we hold dear today, agriculture, technology, and creative arts. But violence is there and polygamy comes in, which is abuse of women. You know, before this virus happened, right, didn't you? And I think we were living at the peak of civilization. They call it the fourth industrial revolution.

We thought we are invincible before this technology is moving so fast. We are completely wired and one of the most precious commodity we wanted, the ability and the freedom to travel. You could just get anywhere, do what we want, and in all the scenarios we imagine that we will be brought down. Did we ever imagined we will be brought down by the smallest of creatures in a fallen world. The germ, the germ humbled us. So God is speaking to us. And what is God saying? God is saying, even in this story, which is such an unhappy story, the war between the offspring

of the serpent and the woman continued. It means God works through what we call salvation history through bad times, through good times, and through this virus, God is working, we don't know what he's doing, but he's working.

Let me just end with Romans eight we looked at it before. I want you to just pick that up again because Romans 8 wraps up a lot of what we are saying and we read this before two weeks ago when we looked at the creation care. Let me just go to verse 20,

20 For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope 21 that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.

That is what the virus has been doing to us. We are in bondage to decay. God is telling us, if you are a Christian we are on our way to new creation. This virus will affect us, affect our livelihoods, affect us financially, but we are new creation, it will come to pass, it will come to pass and we will all be a new creation with Christ again. God sometimes does what I think John Piper calls an occasional Thunderclap. He did it in 2008 in the tsunami and 20,000 people died in one day. Sometimes this happens to shock us to say that we are not gods of our lives. We are not as smart as we think we are. A small little germ, a tsunami will rock us. In this time, brothers and sisters, you had to ask yourself what is God speaking to you? Is God calling you to repentance? Are you giving into fear? I want to end with a story. This is quite a famous story making the rounds.

There was a plane and the plane was going through turbulences. It has been spoken by a Dr David Jeremiah, one of his sermons and the plane was going through turbulence and everybody in the plane starts to get panicky, and are all fearful because they all think they are going to die. And in the plane there is a pastor who very fearful, he sees everybody buckling up the plane, going through turbulence. He sees a little girl and a little girl is sitting there. Very cool, very calm, reading a book, the plane shakes and shakes and shakes. She's very calm about it. Finally, the plane land. And he goes up to the little girl and he says, little girl why were so calm. And she said something interesting. She says, I know. I knew that the plane would land because my dad is the pilot.

God is your pilot. God is a pilot through Jesus Christ and he will take us through this crisis. He doesn't promise us safe, comfortable lives all the time. His will is sovereign, but he will take us through. We just need to put ourselves as living sacrifices, make the right choice in the two ways to live and guard our emotions. At one point the virus will end, life would go on and during this time God is doing a Thunderclap, are you listening?

At the end of chapter 4, the text says,

At that time, people began to call on the name of the Lord, the call on the name of the Lord is essentially meaning to pray, to call on the Lord and during this time of difficult time for us who depend on Christ, and not depend on ourselves, it is time for us to call onto the Lord. So I like to encourage all of us where you are now at home, quiet down yourself, we are going to enter into a time of worship, as the music plays let the Lord minister to you. Let us be children of grace and not children of judgment. Let us be the offspring of the woman from Abel, so quieten down now.