

Holy Bible Fundamentals

This is a twelve-lesson course.

Lesson 5

Section 1

A Christian Should Pray To God, Praise God, and Meditate on the Bible

All counterfeit beliefs or religion teach that man can reach God with a system of good works which is false. The Bible teaches that no man can satisfy God with his righteousness because we fall short, but realizing we are sinners we can receive his free gift of righteousness offered in love through Jesus Christ. We then can have fellowship with God and worship him in spirit and in truth. This is a relationship which God intended in the beginning with Adam and Eve and we by faith are born again and reconciled back to God when we believe on Jesus Christ and accept him as our Saviour. In this relationship of love we are to meditate in the word day and night, obey his word, and pray without ceasing with thanksgiving and praise. While in this corrupted world in a corruptible body we are to live by faith and God instructs us how to live in his word.



Prayer: Why does God want you to pray if God already knows what you are going to say? For the same reason that a father wants to hear his child talk to him even though he sometimes knows what his child is going to say. We should talk to God every day. The Bible calls this prayer. **The Bible says, I Thessalonians 5:17** “Pray without ceasing.” We should talk to God throughout the day and night just as we constantly talk to people. **The Bible says, Matthew 6:6** “But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.” This verse teaches us that we should not pray to be seen of men. **The Bible says, Mark 11:24** “Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*.” We should believe that God has the power to give us what we ask. If we are in right relationship with him, he will give it to us unless it is not the best thing for us or for the person for whom we asked. **Luke 18:1** “AND he spake a parable unto them *to this end*, that men ought always to pray, and not to faint;” When problems come, we should pray, that is, talk to God about them, give our burdens to him, and trust him with the outcome whether good or bad.

Praise: Do you praise God every day? We are to be a thankful people. We can praise God by talking of his goodness and how he supplies our needs and by singing unto his name. These praises glorify God as we obey him. Praising God also good for us. **Romans 15:10-11** “And again he saith, Rejoice, ye Gentiles, with his people. And again, Praise the Lord, all ye Gentiles; and laud him, all ye people.”



Meditate: Meditation (thinking) upon the Bible and God is important for Christians to do daily. When we meditate upon the law (Bible), and obey it, we will be blessed and prosper. **Psalms 1:1-3** “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.”

Section 2

Cain, Abel, and Seth

Genesis chapter four tells us how two men with the same parents turned out different from each other.

The Holy Bible says in Genesis chapter 4

1 And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the LORD.

2 And she again bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground.

3 And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD.

4 And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering:

5 But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.

6 And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen?

7 If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.

8 And 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 slew him.

9 And the LORD said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper?

10 And he said, What hast thou done? the voice of thy brother's blood crieth unto me from the ground.

11 And now art thou cursed from the earth, which hath opened her mouth to receive thy brother's blood from thy hand;

12 When thou tillest the ground, it shall not henceforth yield unto thee her strength; a fugitive and a vagabond shalt thou be in the earth.

13 And Cain said unto the LORD, My punishment is greater than I can bear.

14 Behold, thou hast driven me out this day from the face of the earth; and from thy face shall I be hid; and I shall be a fugitive and a vagabond in the earth; and it shall come to pass, that every one that findeth me shall slay me.

15 And the LORD said unto him, Therefore whosoever slayeth Cain, vengeance shall be taken on him sevenfold. And the LORD set a mark upon Cain, lest any finding him should kill him.



- 16 And Cain went out from the presence of the LORD, and dwelt in the land of Nod, on the east of Eden.
- 17 And Cain knew his wife; and she conceived, and bare Enoch: and he builded a city, and called the name of the city, after the name of his son, Enoch.
- 18 And unto Enoch was born Irad: and Irad begat Mehujael: and Mehujael begat Methusael: and Methusael begat Lamech.
- 19 And Lamech took unto him two wives: the name of the one was Adah, and the name of the other Zillah.
- 20 And Adah bare Jabal: he was the father of such as dwell in tents, and of such as have cattle.
- 21 And his brother's name was Jubal: he was the father of all such as handle the harp and organ.
- 22 And Zillah, she also bare Tubalcain, an instructor of every artificer in brass and iron: and the sister of Tubalcain was Naamah.
- 23 And Lamech said unto his wives, Adah and Zillah, Hear my voice; ye wives of Lamech, hearken unto my speech: for I have slain a man to my wounding, and a young man to my hurt.
- 24 If Cain shall be avenged sevenfold, truly Lamech seventy and sevenfold.
- 25 And Adam k
new his wife again; and she bare a son, and called his name Seth: For God, said she, hath appointed me another seed instead of Abel, whom Cain slew.
- 26 And to Seth, to him also there was born a son; and he called his name Enos: then began men to call upon the name of the LORD.

Summary of Cain, Abel, and Seth

After the sin of man, the earth became home for both saved and lost people. Adam and Eve had many children. Two of those children were Cain and Abel. Abel believed God and showed that he believed in God alone for salvation when he sacrificed an animal which showed that he believed in salvation by faith in God who would provide salvation for mankind by the death of Jesus Christ.



Cain showed that he believed his own good works would save him when he brought the fruit of the ground to God. Both Cain and Abel knew how their parents, Adam and Eve, sinned and then by their own good works tried to cover their sin when they clothed themselves with leaves. Cain and Abel knew that God rejected the work of Adam and Eve to cover their sins. God shed the blood of an innocent animal and clothed Adam and Eve, therefore showing that salvation is by faith in God who would provide salvation for mankind by the death and work of Jesus Christ, not by the works of man.

Abel, because of his faith, was accepted by God. Cain, because of his attempt to be accepted by God according to his own religion of good works, was rejected. Instead of Cain repenting, and accepting God's way, as Adam and Eve did when they accepted the coats God made for them, Cain went and killed his brother Abel.

God punished Cain and gave Adam and Eve a new son named Seth who loved God as Abel did. Cain's descendants did not believe God. Seth's descendants did believe God. The believers married believers and the lost married the lost.

Notice! This is an optional Activity.

1. Memorize at least one Bible verse from this lesson.

What Bible verse did you memorize? _____

2. Think of at least ten things you can praise God for.

BIBLE QUIZ

Your Name _____ Date _____

Please circle the T for true or F for false for the following statements. Remember some of these statements are false, and are not to be believed, and are lies of Satan, but the hint Bible verse tells the truth.

T F 1. God loves us, but he doesn't have the time or desire to be bothered with every concern we have in life and it is necessary for us to lean unto our own understanding. (Hint: 1 Peter 5:7, Matthew 6:30, Proverbs 3:5)

T F 2. We are in a spiritual battle, and our prayer life is important in that battle. (Hint: Luke 18:1, Ephesians 6:18, Matthew 7:7,8)

T F 3. The best way to decide between truth and lies is to study the truth first, which is the word of God, allowing the Holy Spirit to teach us, then we can have the wisdom to discern lies. (Hint: John 8:31,32, 2 Timothy 2:15, John 16:13)

T F 4. The best way to decide between truth and lies is to take a neutral position, not believing the inspiration of scripture, and study all sides equally then make a decision. (Hint: Genesis 3:1-24, Proverbs 16:25)

T F 5. We can be sincere and be deceived by Satan if we don't know the scriptures. (Hint: Proverbs 3:5,6, Proverbs 16:25, Jeremiah 17:9, Genesis 3:1-24)

T F 6. God's desire for us is to abide in him as a branch in the vine, where Jesus is the vine and we are the branches, letting him be our strength and wisdom, having fellowship with him. (Hint: John 15:1-11)

T F 7. We should think on things honest, true, just, of good report, of virtue, and of praise as much as possible and not evil things. (Hint: Philippians 4:8, Romans 16:19, Romans 16:19)

T F 8. We can love the things of the world, which is the lust of the flesh, the lust of the eyes, and the pride of life and love and have fellowship with God at the same time. (Hint: 1 John 2:15-17)

T F 9. We are to be a testimony of God to the world, but be separate from the world, not touching the unclean thing, for God to be a Father to us and for us to be sons and daughters to him. (Hint: 2 Corinthians 6:14-18, John 17:15,16, Matthew 5:16)

T F 10. To meditate on the Word means we should think about what the scripture means through the day, apply it and allow God to make it real in our lives. (Hint: Psalms 1:2,3, Joshua 1:8, 1 Timothy 4:15)

T F 11. It is a blessing to worship God in spirit and truth and God seeks for us to do that. He inhabits our praises. (Hint: John 4:23,24, Psalms 22:3)

T F 12. God's name is Jealous and he wants us to go to him for all of our needs because he loves us and wants us to love him back. (Hint: Exodus 34:14, Philippians 4:6, Mark 12:30)

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1. Please make sure your return address is on the return envelope and a stamp. Put your completed quiz and notes only (don't send the lesson) in our pre-addressed envelope. Mail it to: Fellowship Bible Church-302 Rhoda Street.-Hurricane, WV 25526. The lessons are free because we want to make them readily available to all, however we are freewill offering supported and donations are appreciated and tax deductible if you would like to help support the ministry.
2. Wait for your graded quiz and next lesson to be sent. If you do not hear from us within 4 to 8 weeks, contact us and let us know. When you have completed all the lessons in a course you will receive a certificate.
3. While you are waiting for your next lesson, we want to encourage you to continue to pray and praise God, read your Bible, witness to others, and attend a Bible believing church.