



# ~ Thought For The Day ~

~gathering from the 4 winds~

“come just as you are”

Refresh, Restore, Rebuild = Healing



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## Prayer

Lord, I never want to become a castaway who was once used mightily by You but who has now become disqualified for further use. I know of other people to whom this has happened. They were once mightily used, but they have since become discredited and disqualified because of their lack of passion or the immoral mistakes they have made in their lives. Help me to maintain Your fire in my soul and to walk a straight and narrow path that leads to life and abundance. I don't want to stray from the path You have set before me or to knock myself out of the race. Holy Spirit, I am asking You today to help me do everything I need to do to remain a viable, useful vessel in the hands of God, in Jesus' name. Amen.  
Sparkling Gems from the Greek.

## Scripture

## Genesis

Genesis 4:1-26 (AMP)

1 AND ADAM knew Eve as his wife, and she became pregnant and bore Cain; and she said, I have gotten and gained a man with the help of the Lord. 2 And [next] she gave birth to his brother Abel. Now Abel was a keeper of sheep, but Cain was a tiller of the ground. 3 And in the course of time Cain brought to the Lord an offering of the fruit of the ground. 4 And Abel brought of the firstborn of his flock and of the fat portions. And the Lord had respect and regard for Abel and for his offering, 5 But for Cain and his offering He had no respect or regard. So Cain was exceedingly angry and indignant, and he looked sad and depressed. 6 And the Lord said to Cain, Why are you angry? And why do you look sad and depressed and dejected? 7 If you do well, will you not be accepted? And if you do not do well, sin crouches at your door; its desire is for you, but you must master it. 8 And Cain said to his brother, Let us go out to the field. And when they were in the field, Cain rose up against Abel his brother and killed him. 9 And the Lord said to Cain, Where is Abel your brother? And he said, I do not know. Am I my brother's keeper? 10 And [the Lord] said, What have you done? The voice of your brother's blood is crying to Me from the ground. 11 And now you are cursed by reason of the earth, which has opened its mouth to receive your brother's [shed] blood from your hand. 12 When you till the ground, it shall no longer yield to you its strength; you shall be a fugitive and a vagabond on the earth [in perpetual exile, a degraded outcast]. 13 Then Cain said to the Lord, My punishment is greater than I can bear. 14 Behold, You have driven me out this day from the face of the land, and from Your face I will be hidden; and I will be a fugitive and a vagabond and a wanderer on the earth, and whoever finds me will kill me. 15 And the Lord said to him, Therefore, if anyone kills Cain, vengeance shall be taken on him sevenfold. And the Lord set a mark or sign upon Cain, lest anyone finding him should kill him. 16 So Cain went away from the presence of the Lord and dwelt in the land of Nod [wandering], east of Eden. 17 And Cain's wife [one of Adam's offspring] became pregnant and bore Enoch; and Cain built a city and named it after his son Enoch. 18 To Enoch was born Irad, and Irad was the father of Mehujael, and Mehujael the father of Methusael, and Methusael the father of Lamech. 19 And Lamech took two wives; the name of the one was Adah and of the other was Zillah. 20 Adah bore Jabal; he was the father of those who dwell in tents and have cattle and purchase possessions. 21 His brother's name was Jubal; he was the father of all those who play the lyre and pipe. 22 Zillah bore Tubal-cain; he was the forger of all [cutting] instruments of bronze and iron. The sister of Tubal-cain was Naamah. 23 Lamech said to his wives, Adah and Zillah, Hear my voice; you wives of Lamech, listen to what I say; for I have slain a man [merely] for wounding me, and a young man [only] for striking and bruising me. 24 If Cain is avenged sevenfold, truly Lamech [will be avenged] seventy-sevenfold. 25 And Adam's wife again became pregnant, and she bore a son and called his name Seth. For God, she said, has appointed for me another child instead of Abel, for Cain slew him. 26 And to Seth also a son was born, whom he named Enosh. At that time men began to call [upon God] by the name of the Lord.

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[Strong Enough-  
Matthew West](#)

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**Genesis 4. Cain and Abel**

Assuming that Adam and Eve were created full-grown, Cain, when he killed Abel, must have been about 129 years old; for Seth was born soon after ( v. 25 ), at which time Adam was 130 ( 5:3 ).

Abel's sacrifice ( 4:4 ) was acceptable because his actions were righteous ( 1 John 3:12 ) and because it was offered in faith ( Hebrews 11:4 ). It seems that God had instituted such sacrifice when sin came into the world. It is a sort of primeval picture of the atoning death of Christ.

Cain's wife ( Genesis 4:17 ) must have been his sister, for Eve was the "mother of all living" ( 3:20 ). Adam had unnamed sons and daughters ( 5:4 ); tradition says that he had 33 sons and 27 daughters.

Who was there for Cain to be afraid of? ( 4:14 ). In the 130 years from Adam's creation to Abel's murder, a good many generations had been born, and the total population could have increased to many thousands.

The mark on Cain ( v. 15 ). Whatever it was, the people must have understood what it meant.

Cain's city ( v. 17 ), somewhere east of Eden, was probably only a village of rude huts, with a wall for defense, to serve as a sort of headquarters for his outcast offspring.

In Cain's family, polygamy soon followed murder ( v. 19 ). God had ordained in the beginning that one man and one woman live together in marriage ( 2:24 ). But man soon managed otherwise.

(Halley's Bible Handbook; Henry Halley; 2000; Zondervan; Bible History & Commentaries; pages 94-95)

Cain's Sin: V3 "In process of time." Adam could have had four generations of children during the time lapse indicated by these words. Usually a man's entire lineage was not listed in the Bible; only those children relevant to the story are named. V5 Cain's offering did not please God. V7 God explained to Cain that sin in his life had caused his offering to be rejected. (Old Testament Study Guide; The Word For Today; 2005; Chuck Smith; commentaries; page 11)

Cain did not relate well to his brother, Abel. We know that their interests and pursuits were different, because Abel was a shepherd and Cain tilled the ground. We do not know what their other differences were, but Cain's (sin) resentment of Abel eventually led to murder (see Genesis 4:8). How do you respond to those who are close to you, yet have different personalities, gifts, or pursuits? Ask God to help you when you are tempted to resent them.

**Isaiah 40:1-31 (AMP)**

1 COMFORT, COMFORT My people, says your God. 2 Speak tenderly to the heart of Jerusalem, and cry to her that her time of service and her warfare are ended, that [her punishment is accepted and] her iniquity is pardoned, that she has received [punishment] from the Lord's hand double for all her sins. 3 A voice of one who cries: Prepare in the wilderness the way of the Lord [clear away the obstacles]; make straight and smooth in the desert a highway for our God! 4 Every valley shall be lifted and filled up, and every mountain and hill shall be made low; and the crooked and uneven shall be made straight and level, and the rough places a plain. 5 And the glory (majesty and splendor) of the Lord shall be revealed, and all flesh shall see it together; for the mouth of the Lord has spoken it. 6 A voice says, Cry [prophesy]! And I said, What shall I cry? [The voice answered, Proclaim:] All flesh is as frail as grass, and all that makes it attractive [its kindness, its goodwill, its mercy from God, its glory and comeliness, however good] is transitory, like the flower of the field. 7 The grass withers, the flower fades, when the breath of the Lord blows upon it; surely [all] the people are like grass. 8 The grass withers, the flower fades, but the word of our God will stand forever. 9 O you who bring good tidings to Zion, get up to the high mountain. O you who bring good tidings to Jerusalem, lift up your voice with strength, lift it up, be not afraid; say to the cities of Judah, Behold your God! 10 Behold, the Lord God will come with might, and His arm will rule for Him. Behold, His reward is with Him, and His recompense before Him. 11 He will feed His flock like a shepherd: He will gather the lambs in His arm, He will carry them in His bosom and will gently lead those that have their young. 12 Who has measured the waters in the hollow of his hand, marked off the heavens with a [nine-inch] span, enclosed the dust of the earth in a measure, and weighed the mountains in scales and the hills in a balance? 13 Who has directed the Spirit of the Lord, or as His counselor has taught Him? 14 With whom did He take counsel, that instruction might be given Him? Who taught Him the path of justice and taught Him knowledge and showed Him the way of understanding? 15 Behold, the nations are like a drop from a bucket and are counted as small dust on the scales; behold, He takes up the isles like a very little thing. 16 And all Lebanon's [forests] cannot supply sufficient fuel, nor all its wild beasts furnish victims enough to burn sacrifices [worthy of the Lord]. 17 All the nations are as nothing before Him; they are regarded by Him as less than nothing and emptiness (waste, futility, and worthlessness). 18 To whom then will you liken God? Or with what likeness will you compare Him? 19 The graven image! A workman casts it, and a goldsmith overlays it with gold and casts silver chains for it. 20 He who is so impoverished that he has no offering or oblation or rich gift to give [to his god is constrained to make a wooden offering, an idol; so he] chooses a tree that will not rot; he seeks out a skillful craftsman to carve and set up an image that will not totter or deteriorate.

**Isaiah 40:1-31 (AMP)**

21 [You worshipers of idols, you are without excuse.] Do you not know? Have you not heard? Has it not been told you from the beginning? [These things ought to convince you of God's omnipotence and of the folly of bowing to idols.] Have you not understood from the foundations of the earth? 22 It is God Who sits above the circle (the horizon) of the earth, and its inhabitants are like grasshoppers; it is He Who stretches out the heavens like [gauze] curtains and spreads them out like a tent to dwell in, 23 Who brings dignitaries to nothing, Who makes the judges and rulers of the earth as chaos (emptiness, falsity, and futility). 24 Yes, these men are scarcely planted, scarcely are they sown, scarcely does their stock take root in the earth, when [the Lord] blows upon them and they wither, and the whirlwind or tempest takes them away like stubble. 25 To whom then will you liken Me, that I should be equal to him? says the Holy One. 26 Lift up your eyes on high and see! Who has created these? He Who brings out their host by number and calls them all by name; through the greatness of His might and because He is strong in power, not one is missing or lacks anything. 27 Why, O Jacob, do you say, and declare, O Israel, My way and my lot are hidden from the Lord, and my right is passed over without regard from my God? 28 Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, does not faint or grow weary; there is no searching of His understanding. 29 He gives power to the faint and weary, and to him who has no might He increases strength [causing it to multiply and making it to abound]. 30 Even youths shall faint and be weary, and [selected] young men shall feebly stumble and fall exhausted; 31 But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.

Quietly waiting on God (spending time alone with Him in prayer, worship, or Bible reading), as Isaiah 40:31 encourages us, does more to restore our bodies, minds, and emotions than anything else we can do. We need to do this regularly. I urge you to insist on quiet time with God; do not let anyone take those consecrated moments from you. In those times, God empowers you to face everything you need to do with renewed physical, emotional, mental, and spiritual strength.

Isaiah 40:31 teaches us that waiting on God is expecting, looking for, and hoping in Him. It is spending time with Him in His Word and in His presence. We do not worry while we wait on God; we do not get frustrated while we wait on God; we do not get upset while we wait on God. We rest.

Sometimes when you start to get nervous and upset, anxious, or worried, you just need to tell yourself, "Sit down." That does not mean just your physical body; it also means your soul—your mind, will, and emotions. It is important to let your entire being rest.

Under the Old Covenant, when the high priest went into the Holy of Holies to make blood sacrifices for the sins of the people, he did not sit down. It seems very unlikely that there was a chair in there because the Bible does not mention it, even though it offers detailed descriptions of the Israelites' place of worship. The requirements on the high priest were so stringent that he did what he had to do and left. He could not rest in the presence of God.

I have been told that the high priest wore bells on his robe and that he had a rope tied to his waist. As he moved around the Holy of Holies, people outside could hear the bells. If the bells stopped ringing, the people knew he had done something wrong and had died, so they pulled him out by the rope.

There is such a powerful lesson in that. It teaches us that people could not rest in God's presence under the Old Covenant. The Old Covenant had many laws and was based on works. But thank God, the New Covenant is based on the work Jesus has accomplished, not on our own merits or works.

Jesus, our High Priest Who went into the Holy of Holies with His own blood, put the blood on the mercy seat in heaven and sat down. Now the atonement for the sins of the world is finished.

If you are struggling in your life, take a seat and rest in God's presence. The promise of God's peace is not made to those who work and struggle in their own strength but to those who sit and rest in Christ Jesus. Wait on Him, and your strength will be renewed.

Cain's sin.....if only He had have kept God first.....if only He had turned and given it to God...if only He had listened and corrected his path....when his offering was rejected....if only he had not of been jealous...if only he had not have murdered his brother.....IF ONLY.....what.....what if's.....if only's are holding you back....if there are any get back on track.....repent....