

Connect timeless truths with today's news.

GRIEVING OVER THE DEATH OF A SISTER

"That must've been so hard on your parents." That's a phrase often heard by the siblings of someone who has died, especially if the person died young. The grief of the brothers or sisters is sometimes considered less important or painful, explained UK therapist Jennifer Park. The grieving siblings can even take "on the role of helping out, making sure other people are okay, so their own grief gets lost." Three sisters who lost their fourth sister in adulthood found little help for sibling grief, so they decided to do something about it. "We wanted to change the landscape of sibling loss," said Maeveen Brown. "We launched Sibling Grief Club to provide an online resource and community that adult siblings could utilize, so they never have to feel alone in their grief again." Brown said they have found that the amount of grief isn't determined by the age of the person who died but by the love the sibling had for that person. "If you love hard, you will grieve hard."

DEFIANT OVER THE DEATH OF A BROTHER

Today's passage concerns the first murder in the history of humanity. Cain killed his brother, Abel, because he could not master the anger that was roused when God accepted Abel's sacrifice and not Cain's. Not only did Cain kill his brother, he lied—and expressed defiance about it—to God. God's judgment on Cain was severe, but even then, the Lord was merciful to the sinner.

1. Who do you know who has had to hide his or her grief in order to spare someone else's pain?
2. What has helped you grieve through a loss of your own?
3. Why do you think Cain became angry enough that he would kill his own brother?

Additional Resources

These videos and materials are for your personal use. If you show videos in class, be sure to have the necessary rights to do so.

Music Video, Traditional: ["Turn Your Eyes on Jesus" by Lauren Daigle](#)

Music Video, Multicultural: ["We Seek Your Kingdom"](#)

Music Video, Contemporary: ["Oh My Soul" by Ben & Noelle Kilgore](#)

[Guzik's Commentary on Genesis 4](#)

[Pulpit Commentary on Genesis 4](#)

[Matthew Henry's Commentary on Genesis 4](#)