

**THE  
TURNING**

# Starting your journey

Great, you want to learn what it means to be a 'Christian'!

In its first year The Turning became one of the largest church-based ministries to pray for people on the streets of the UK.

You may have come across this Bible because you were approached by someone who is part of The Turning and you prayed a prayer to Jesus on the streets. This Bible, along with the accompanying discipleship course, takes you on a journey through the teachings of Christ. Through this journey, you will be able to see and understand the benefit of personal growth and how, by following his teachings, you can become his disciple. Essentially it is a tool that helps you move from being a stranger to the Bible and a stranger to the church to being a disciple of Christ.

The Turning discipleship course is unlike any other discipleship course you may have heard of before. Why? Most discipleship courses are group-based, but this is different; it offers you a one-to-one discipleship experience. It means that you are able to spend quality one-on-one time with a Christian mentor while you both use the Bible to learn more about what it means to be a Christian. It will also help you understand how church works and how you can engage in it.

The Bible is inspired by God and commissioned by him. It is the single most helpful tool for a new Christian's spiritual walk. All of us at The Turning hope and pray that it will bring you much joy.

Yinka Oyekan  
International Team Leader, #TheTurning

# Growing in your journey

## 5 skills that will help you on your journey

### **1. The end goal**

You should always keep the end goal in mind. The end goal is to live the life that Jesus has called you to – to be a disciple of Jesus.

### **2. Make sure you pray**

It is impossible to achieve the purposes of God by simply being given information. We need to start building our relationship with God. Therefore, prayer is an important foundation when we first begin to read the Bible. Ask God to guide you and to help you understand what is written.

### **3. Be patient with yourself**

It can be hard, at first, to get to grips with what the Bible is saying and apply it to our lives. Be patient with yourself as you begin to find out what it means to be a Christian.

### **4. Be consistent**

Spend time reading the Bible, consistently. The more that you read scriptures, the more they will begin to sink in. In between sessions, go back over the scriptures that were discussed in the last session. Ask yourself the same questions and think how you could apply what you are learning to your life.

### **5. Tenacity will see you through**

Keeping on, even when you don't want to, will help you understand the Bible more and more. Keep going; read it again; ask Jesus what he is teaching you. He will reply!

The next two pages give an excerpt of the first two studies from the Bible discipleship course. The rest of the course is available in a separate booklet.

# Who is Jesus?

## Understanding your faith

Would you be able to explain who Jesus is?

- The name Jesus means 'saviour', while the title Christ means 'anointed'.
- He was born of a virgin (Matthew 1.18).
- Because he is God, Christ has unique attributes (John 1.1).
- His very nature is divine (Philippians 2.6).
- In Christ, the fullness of God dwells (Colossians 2.9–10).

## Purposeful lifestyle – living a prophetic lifestyle

An example from life:

- Our lives should reflect Christ's teaching.
- If it was possible to place a mirror in front of God, the image reflected would be that of Jesus Christ. His life reflected God's word (Hebrews 1.2–3).

How should I respond?

- I should acknowledge that Jesus is Lord of all situations (Matthew 14.26–33; see also Philippians 2.9–11).

What do I need to understand?

- Christ's mission was to make salvation known to humankind (Mark 2.15–17).
- His authority extends to the forgiving of sins (Mark 2.5–7).
- The reason why he chose to die was to rescue sinners (Mark 10.45).

What can I do to make a difference?

- Tell someone how much you value what Christ has done for you.

What next?

- Explain to someone you love and trust who Jesus is and why you have given your life to him.

# The Bible

## Understanding your faith

Do you understand why the Bible is so important?

- The Bible is described as God's word (2 Timothy 3.16–17).
- The Bible is your instruction book for a properly functioning life; just as electrical appliances need handbooks, so do we.
- The Bible shows us how to choose between those things that will bring joy and those things that can wreck life and make it dysfunctional.
- The Bible also teaches us how to fix things that have gone wrong in our life.
- The Bible is a personal book; it is a book given to you from God (2 Timothy 3.16–17).

## Purposeful lifestyle – living a prophetic lifestyle

An example from life:

- Relationships are about loving one another. One of the ways we express relationships is through communication; we talk to each other. The Bible is God's love letter to us, expressing how he feels about us and the world in which we live. The Bible is alive, sharp and useful for many purposes (Hebrews 4.12).

How should I respond?

- Recognise that God is trying to plant his word in your heart like a seed (Matthew 13.1–9).

What do I need to understand?

- God watches over the seed, his word (Isaiah 55.10–11).
- The growth of the seed is directed by God (Mark 4.26–29).

What can I do to make a difference?

- Read the Bible as a discipline.

What next?

- You could begin to memorise scriptures as an additional step, and you could use a daily devotional in addition to this study. A daily devotional could be a Bible reading plan, a series of things to think about or a selection of Bible verses with an explanation. It's not intended just to give you more information, but to change your heart and bring you closer to God and his plans for your life.

HOLY BIBLE  
CONTEMPORARY ENGLISH VERSION

Global Edition

## The Turning

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# Welcome to the Contemporary English Version

Languages are spoken before they are written. And far more communication is done through the spoken word than through the written word. In fact, more people hear the Bible read than read it for themselves. Traditional translations of the Bible count on the *readers* ability to understand a *written* text. But the Contemporary English Version differs from all other English Bibles – past and present – in that it takes into consideration the needs of the *hearer*, as well as those of the *reader*, who may not be familiar with traditional biblical language.

The *Contemporary English Version* has been described as a “user-friendly” and “mission-driven” translation that can be read aloud without stumbling, heard without misunderstanding, and listened to with enjoyment and appreciation, because the language is contemporary and the style is lucid and lyrical.

The *Contemporary English Version* invites you to *read*, to *hear*, to *understand*, and to *share*

the Word of God now  
as never before!



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# Finding Help In The Bible

## Help in Special Circumstances

- ▶ **Being a friend** Proverbs 17:17; Luke 10.25-37; John 15.11-17; Romans 16.1-2
- ▶ **Being a leader** Isaiah 11.1-9; Isaiah 32.1-8; 1 Timothy 3.1-7; 2 Timothy 2.14-26; Titus 1.5-9
- ▶ **Caring for the aged and widowed** Genesis 47.1-12; Ruth 1; Proverbs 23.22; 1 Timothy 5.3-8
- ▶ **Celebrating the birth/adoption of a child** Psalm 100; Proverbs 22.6; Luke 18.15-17; John 16.16-22
- ▶ **Celebrating a graduation** Psalm 119.105, 106; Proverbs 9.10-12; Galatians 5.16-26; Philippians 4.4-9
- ▶ **Celebrating a marriage** Genesis 2.18-24; Song of Songs 8.6-7; Ephesians 5.21-33; Colossians 2.6,7
- ▶ **Celebrating a wedding anniversary** Psalm 100; 1 Corinthians 13
- ▶ **Controlling your temper** Proverbs 14.17, 29; 15.18; 19.11; 29.22; Ecclesiastes 7.9; Galatians 5.16-26
- ▶ **Controlling your tongue** Psalm 12; Psalm 19.14; Proverbs 11.13; Proverbs 26.20; 2 Thessalonians 2.16-17; James 3.1-12
- ▶ **Discovering God's will** Psalm 15; Micah 6.6-8; Matthew 5.14-16; Luke 9.21-27; Romans 13.8-14; 2 Peter 1.3-9; 1 John 4.7-21
- ▶ **Encountering a cult** Matthew 7.15-20; 2 Peter 2; 1 John 4.1-6; Jude
- ▶ **Encountering peer pressure** Proverbs 1.7-19; Romans 12.1-2; Galatians 6.1-5; Ephesians 5.1-20
- ▶ **Entering college** Proverbs 2.1-8; Proverbs 3.1-18; Proverbs 4.1-27; Proverbs 23.12; Romans 8.1-17; 1 Corinthians 1.18-31
- ▶ **Entering military service** 2 Samuel 22.2-51; Psalm 91; Ephesians 6.10-20; 2 Timothy 2.1-13
- ▶ **Experiencing the death of a loved one** Job 19.25-27; John 11.25-27; John 14.1-7; Romans 8.31-39; Romans 14.7-9; 1 Thessalonians 4.13-18
- ▶ **Experiencing illness** Psalm 23; Mark 1.29-34; Mark 6.53-56; James 5.14-16
- ▶ **Experiencing suffering and persecution** Psalm 109; Psalm 119.153-160; Matthew 5.3-12; John 15.18-16.4; Romans 8.18-30; 2 Corinthians 4.1-15; Hebrews 12.1-11; 1 Peter 4.12-19
- ▶ **Facing a difficult decision** 1 Kings 3; Esther 4-7; Psalm 139; Daniel 2.14-23; Colossians 3.12-17
- ▶ **Facing a divorce** Psalm 25; Matthew 19.1-9; Philippians 3.1-11
- ▶ **Facing homelessness** Psalm 90.1-2; Isaiah 65.17-25; Lamentations 3.19-24; Luke 9.57-62; Revelation 21.1-4
- ▶ **Facing imprisonment** Lamentations 3.34-36; Matthew 25.31-46; Luke 4.16-21
- ▶ **Facing life alone** 1 Corinthians 7.25-38; 1 Corinthians 12.1-31
- ▶ **Facing a natural disaster** Genesis 8-9.17; Job 36.22-37.13; Psalms 29, 124; Psalm 36.5-9; Jeremiah 31.35-37; Romans 8.31-39; 1 Peter 1.3-12
- ▶ **Facing a trial or lawsuit** Psalm 26; Isaiah 50.4-11; Matthew 5.25-26; Luke 18.1-8

- ▶ **Losing your job** Jeremiah 29.10-14; Luke 16.1-13; Philippians 4.10-13
- ▶ **Losing your property and possessions** Job 1.13-22; Job 42.7-17; Isaiah 30.19-26; Isaiah 41.17-20; Romans 8.18-39
- ▶ **Managing your time** Proverbs 12.11; Proverbs 28.19; Mark 13.32-37; Luke 21.34-36; 1 Timothy 4.11-16; Titus 3.8-14
- ▶ **Moving into a new home** Psalm 127.1-2; Proverbs 24.3-4; John 14.1-7; Ephesians 3.14-21; Revelation 3.20,21
- ▶ **Overcoming addiction** Psalm 40.1-5, 11-17; Psalm 116.1-7; Proverbs 23.29-35; 2 Corinthians 5.16-21; Ephesians 4.22-24
- ▶ **Overcoming a grudge** Leviticus 19.17-18; Matthew 5.23-26; Luke 6.27-36; Ephesians 4.25-32
- ▶ **Overcoming prejudice** Matthew 7.1-5; Acts 10.34-36; Galatians 3.26-29; Ephesians 2.11-22; Colossians 3.5-11; James 2.1-13
- ▶ **Overcoming pride** Psalm 131; Mark 9.33-37; Luke 14.7-11; Luke 18.9-14; Luke 22.24-27; Romans 12.14-16; 1 Corinthians 1.18-31; 2 Corinthians 12.1-10
- ▶ **Overcoming procrastination** Matthew 22.1-14; Matthew 25.1-13; 2 Corinthians 6.1-2
- ▶ **Raising children** Proverbs 22.6; Ephesians 6.4; Colossians 3.21
- ▶ **Respecting civil authorities** Mark 12.13-17; Romans 13.1-7; Titus 3.1-2; 1 Peter 2.13-17
- ▶ **Respecting parents** Exodus 20.12; Proverbs 23.22; Ephesians 6.1-3; Colossians 3.20
- ▶ **Retiring from your job** Numbers 6.24-26; Psalm 145; Matthew 25.31-46; Romans 12.1-2; Philippians 3.12-21; 2 Peter 1.2
- ▶ **Seeking forgiveness** Psalm 32.1-5; Psalm 51; Proverbs 28.13; Joel 2.12-17; Matthew 6.14-15; Luke 15; Philemon; Hebrews 4.14-16; 1 John 1.5-10
- ▶ **Seeking God's help** Psalms 5, 57, 86, 121, 130; Psalm 119.169-176; Matthew 7.7-12
- ▶ **Seeking justice** Psalms 10, 17, 75, 94; Isaiah 42.1-7; Isaiah 61.1-9; Amos 5.21-24; Habakkuk 1.1-2.4
- ▶ **Seeking salvation** John 3.1-21; Romans 1.16-17; Romans 3.21-31; Romans 5.1-11; Romans 10.5-13; Ephesians 1.3-14; Ephesians 2.1-10
- ▶ **Seeking strength** Psalms 46, 138; Isaiah 40.27-31; Isaiah 51.12-16; Ephesians 6.10-20; 2 Thessalonians 2.16-17
- ▶ **Seeking truth** Psalm 119.153-160; John 8.31-47; John 14.6-14; John 16.4b-15; 1 Timothy 2.1-7
- ▶ **Sharing your gifts** Exodus 35.20-29; Malachi 3.6-12; Luke 21.1-4; Acts 2.43-47; Acts 4.32-37; Romans 12.9-13; 1 Corinthians 16.1-4; 2 Corinthians 8.1-15; 2 Corinthians 9.6-15
- ▶ **Starting a new job** Proverbs 11.3; Proverbs 22.29; Romans 12.3-11; 1 Thessalonians 5.12-18; 2 Thessalonians 3.6-13; 1 Peter 4.7-11
- ▶ **Understanding your relationship with God** Deuteronomy 5.1-22; Psalm 139; John 15.1-17; Romans 5.1-11; Romans 8.1-17
- ▶ **Understanding your relationship with others** Deuteronomy 5.16-21; Proverbs 3.27-35; Matthew 18.15-17; Matthew 18.21-35; Romans 14.13-23; Romans 15.1-6; Galatians 6.1-10; Colossians 3.12-17; 1 John 4.7-12
- ▶ **Worrying about the future** Isaiah 35; Isaiah 60; Jeremiah 29.10-14; 1 Peter 1.3-5; Revelation 21.1-8
- ▶ **Worrying about growing old** Psalm 37.23-29; Isaiah 46.3-4
- ▶ **Worrying about money** Proverbs 11.7; Ecclesiastes 5.10-20; Matthew 6.24-34; Luke 12.13-21; 1 Timothy 6.6-10

# Experiencing Troublesome Feelings

► **Afraid?** Psalms 27, 91; Isaiah 41.5-13; Mark 4.35-41; Hebrews 13.5-6; 1 John 4.13-18

► **Afraid of death?** Psalm 23; Psalm 63.1-8; John 6.35-40; Romans 8.18-39; 1 Corinthians 15.35-57; 2 Corinthians 5.1-10; 2 Timothy 1.8-10

► **Angry?** Proverbs 15.1; Matthew 5.21-24; Romans 12.17-21; Ephesians 4.26-32; James 1.19-21

► **Anxious? Worried?** Psalm 25; Matthew 6.24-34; Matthew 10.26-31; 1 Peter 1.3-5; 1 Peter 5.7

► **Depressed?** Psalms 16, 43, 130; Isaiah 61.1-4; Jeremiah 15.10-21; Lamentations 3.55-57; John 3.14-17; Ephesians 3.14-21

► **Disappointed? Let down?** Psalm 55; Psalm 62.1-8; Jeremiah 20.7-18

► **Discouraged?** Psalm 34; Isaiah 12.1-6; Romans 15.13; 2 Corinthians 4.16-18; Philippians 4.10-13; Colossians 1.9-14; Hebrews 6.9-12

► **Doubting your faith in God?** Psalms 8, 146; Proverbs 30.5; Matthew 7.7-12; Luke 17.5-6; John 20.24-31; Romans 4.13-25; Hebrews 11; 1 John 5.13-15

► **Frustrated?** Job 21.1-16; Job 24.1-17; Job 36.1-26; Matthew 7.13-14

► **Impatient?** Psalm 13; Psalm 37.1-7; Psalm 40.1-5; Ecclesiastes 3.1-15;

Lamentations 3.25-33; Hebrews 6.13-20; James 5.7-11

► **Insecure? Lacking confidence?** Deuteronomy 31.1-8; Psalm 73.21-26; Psalm 108; Philippians 4.10-20; 1 John 3.19-24

► **Jealous?** Psalm 49; Proverbs 23.17; James 3.13-18

► **Lonely?** Psalms 22, 42; John 14.15-31a

► **Overwhelmed? Experiencing stress?** Isaiah 55.1-9; Matthew 11.25-30; John 4.1-30; 2 Corinthians 6.3-10; Revelation 22.17

► **Rejected?** Psalm 38; Isaiah 52.13-53.12; Matthew 9.9-13; Luke 4.16-30; John 15.18-16.4; Ephesians 1.3-14; 1 Peter 2.1-10

► **Tempted?** Psalm 19.12-14; Psalm 141; Luke 4.1-13; Hebrews 2.11-18; Hebrews 4.14-16; James 1.12-18

► **Tempted by sex?** 2 Samuel 11.1-12.25; 1 Corinthians 6.12-20; Galatians 5.16-26

► **Tired? Weary?** Psalm 3.5-6; Psalm 4.4-8; Isaiah 35.1-10; Matthew 11.25-30; 2 Thessalonians 3.16; Hebrews 4.1-11

► **Feeling useless? inferior?** Isaiah 6.1-8; Jeremiah 1.4-10; Galatians 1.11-24; Ephesians 4.1-16; 1 Peter 2.4-10

► **Vengeful?** Matthew 5.38-42; Romans 12.17-21

# What The Bible Says About God's Forgiveness

- ▶ **Every person is separated from God because of sin.**
  - Isaiah 59.1-15
  - Romans 3.9-20
  - Romans 5.12-21
  - Ecclesiastes 7.20
  - Romans 7.14-25
  
- ▶ **God has always sought to form a close relationship with people.**
  - Exodus 19.3b-8
  - Jeremiah 31.31-34
  - Isaiah 54.1-10
  - 1 Peter 1.1-10
  - 1 John 3.1-10
  
- ▶ **God has reached out to people in a personal way by sending Jesus Christ.**
  - Colossians 1.15-25
  - Romans 5.1-11
  - 1 Peter 2.10-25
  - John 3.1-21
  - 2 Timothy 1.3-10
  - Ephesians 2.1-10
  
- ▶ **God's forgiveness through Jesus Christ is available to every person.**
  - Psalm 51.1-17
  - 1 John 1.5-10
  - Romans 10.5-13
  - Psalm 32.1-11
  - Romans 8.31-39
  - Romans 3.21-26
  
- ▶ **New life in Christ calls a person to live in a Christ-like way.**
  - Romans 6.1-14
  - Matthew 20.20-28
  - Ephesians 4.17-32
  - Galatians 5.16-26
  - 1 John 4.7-21
  - Romans 12.1-21

# Some Readings For Special Days And Events

<b>New Year's Day</b>	Colossians 3.5-17
<b>Epiphany</b>	Matthew 2.1-12
<b>Valentine's Day</b>	1 Corinthians 13; 1 John 4.7-21
<b>President's Day</b>	Isaiah 32.1-8
<b>Ash Wednesday</b>	Psalm 51; Joel 2.12-19; Matthew 6.1-6; James 1.12-18
<b>Palm Sunday</b>	Mark 11.1-11; John 12.12-19; Philippians 2.5-11
<b>Holy (Maundy) Thursday</b>	John 13.1-17,34; Psalm 116
<b>Good Friday</b>	John 18.1-19.42; Psalm 22; Isaiah 52.13-53.12
<b>Easter</b>	Matthew 28; Luke 24; John 20; Acts 10.34-43; Psalm 33
<b>Mother's Day</b>	1 Samuel 1.1-28; Proverbs 23.22-25; Proverbs 31.10-31; Luke 1.26-56
<b>Pentecost</b>	Acts 2.1-11
<b>Father's Day</b>	Proverbs 4; Proverbs 20.7; Luke 15.11-32
<b>Independence Day</b>	Psalm 33
<b>Grandparents' Day</b>	Psalm 128
<b>World Communion Sunday</b>	John 10.1-16
<b>All Saints Day</b>	Hebrews 11
<b>Stewardship Day</b>	Matthew 25.14-29; 2 Corinthians 9.1-15
<b>Election Day</b>	1 Peter 2.13-17
<b>Bible Sunday</b>	2 Timothy 3.10-17

**Thanksgiving**

Deuteronomy 8.1-10;  
Psalm 65;  
Psalm 67

**First Sunday of Advent**

Isaiah 63.16-64.9;  
Matthew 24.36-44;  
Luke 21.25-36; Psalm 25

**Second Sunday of Advent**

Malachi 3.1-5; Matthew 3.1-12;  
Psalm 85

**Third Sunday of Advent**

Isaiah 12.1-6;  
Matthew 11.2-19; Luke 3.7-18;  
Philippians 4.4-9

**Fourth Sunday of Advent**

Isaiah 7.10-17; Micah 5.2-5;  
Luke 1.26-56; Psalm 89.1-18

**Christmas**

Luke 2.1-20; Matthew 1.18-25;  
John 1.1-18; Titus 3.4-7

**Personal Birthday**

Psalm 145

# **Old Testament**





**T**his book tells about a number of “beginnings”—the creation of the world and of the first man and woman. It also tells how God made a special covenant (agreement) with Abraham and promised to bless him and his descendants. Genesis also includes a number of stories about two of Abraham’s descendants: his grandson Jacob, who was also known as Israel, and Abraham’s great-grandson Joseph who became an important administrator and court official for the king of Egypt.

### **The Story of Creation**

- 1** In the beginning God created the heavens and the earth.
- 2** The earth was barren, with no form of life;> it was under a roaring ocean covered with darkness. But the Spirit of God> was moving over the water.

#### **The First Day**

**3** God said, “I command light to shine!” And light started shining. **4** God looked at the light and saw that it was good. He separated light from darkness **5** and named the light “Day” and the darkness “Night.” Evening came and then morning—that was the first day.

#### **The Second Day**

**6** God said, “I command a dome to separate the water above it from the water below it.” **7** And that’s what happened. God made the dome **8** and named it “Sky.” Evening came and then morning—that was the second day.

#### **The Third Day**

**9** God said, “I command the water under the sky to come together in one place, so there will be dry

ground.” And that’s what happened. **10** God named the dry ground “Land,” and he named the water “Ocean.” God looked at what he had done and saw that it was good.

**11** God said, “I command the earth to produce all kinds of plants, including fruit trees and grain.” And that’s what happened. **12** The earth produced all kinds of vegetation. God looked at what he had done, and it was good. **13** Evening came and then morning—that was the third day.

#### **The Fourth Day**

**14** God said, “I command lights to appear in the sky and to separate day from night and to show the time for seasons, special days, and years. **15** I command them to shine on the earth.” And that’s what happened. **16** God made two powerful lights, the brighter one to rule the day and the other to rule the night. He also made the stars. **17** Then God put these lights in the sky to shine on the earth, **18** to rule day and night, and to separate light from darkness. God looked at what he had done, and it was good. **19** Evening came and then morning—that was the fourth day.

#### **The Fifth Day**

**20** God said, “I command the ocean to be full of living creatures, and I command birds to fly above the earth.” **21** So God made the giant sea monsters and all the living creatures that swim in the ocean.

He also made every kind of bird. God looked at what he had done, and it was good. <sup>22</sup> Then he gave the living creatures his blessing—he told the ocean creatures to live everywhere in the ocean and the birds to live everywhere on earth. <sup>23</sup> Evening came and then morning—that was the fifth day.

### *The Sixth Day*

<sup>24</sup> God said, “I command the earth to give life to all kinds of tame animals, wild animals, and reptiles.” And that’s what happened. <sup>25</sup> God made every one of them. Then he looked at what he had done, and it was good.

<sup>26</sup> God said, “Now we will make humans, and they will be like us. We will let them rule the fish, the birds, and all other living creatures.”

<sup>27</sup> So God created humans to be like himself; he made men and women. <sup>28</sup> God gave them his blessing and said:

Have a lot of children! Fill the earth with people and bring it under your control. Rule over the fish in the ocean, the birds in the sky, and every animal on the earth.

<sup>29</sup> I have provided all kinds of fruit and grain for you to eat. <sup>30</sup> And I have given the green plants as food for everything else that breathes. These will be food for animals, both wild and tame, and for birds.

<sup>31</sup> God looked at what he had done. All of it was very good! Evening came and then morning—that was the sixth day.

**2** So the heavens and the earth and everything else were created.

### *The Seventh Day*

<sup>2</sup> By the seventh day God had finished his work, and so he rested. <sup>3</sup> God blessed the seventh day and made it special because on that day he rested from his work.

<sup>4</sup> That’s how God created the heavens and the earth.

### **The Garden of Eden**

When the LORD God made the heavens and the earth, <sup>5</sup> no grass or plants were growing anywhere. God had not yet sent any rain, and there was no one to work the land. <sup>6</sup> But streams<sup>▷</sup> came up from the ground and watered the earth.

<sup>7</sup> The LORD God took a handful of soil and made a man. God breathed life into the man, and the man started breathing. <sup>8</sup> The LORD made a garden

in a place called Eden, which was in the east, and he put the man there.

<sup>9</sup> The LORD God placed all kinds of beautiful trees and fruit trees in the garden. Two other trees were in the middle of the garden. One of the trees gave life—the other gave the power to know the difference between right and wrong.

<sup>10</sup> From Eden a river flowed out to water the garden, then it divided into four rivers. <sup>11</sup> The first one is the Pishon River that flows through the land of Havilah, <sup>12</sup> where pure gold, rare perfumes, and precious stones are found. <sup>13</sup> The second is the Gihon River that winds through Ethiopia.<sup>▷</sup> <sup>14</sup> The Tigris River that flows east of Assyria is the third, and the fourth is the Euphrates River.

<sup>15</sup> The LORD God put the man in the Garden of Eden to take care of it and to look after it. <sup>16</sup> But the LORD told him, “You may eat fruit from any tree in the garden, <sup>17</sup> except the one that has the power to let you know the difference between right and wrong. If you eat any fruit from that tree, you will die before the day is over!”

<sup>18</sup> The LORD God said, “It isn’t good for the man to live alone. I need to make a suitable partner for him.” <sup>19-20</sup> So the LORD took some soil and made animals and birds. He brought them to the man to see what names he would give each of them. Then the man named the tame animals and the birds and the wild animals. That’s how they got their names.

None of these was the right kind of partner for the man. <sup>21</sup> So the LORD God made him fall into a deep sleep, and he took out one of the man’s ribs. Then after closing the man’s side, <sup>22</sup> the LORD made a woman out of the rib.

The LORD God brought her to the man, <sup>23</sup> and the man exclaimed,

“Here is someone like me!  
She is part of my body,  
my own flesh and bones.  
She came from me, a man.  
So I will name her Woman!”

<sup>24</sup> That’s why a man will leave his own father and mother. He marries a woman, and the two of them become like one person.

<sup>25</sup> Although the man and his wife were both naked, they were not ashamed.

### **The First Sin**

**3** The snake was sneakier than any of the other wild animals that the LORD God had made. One day it came to the woman and asked,

"Did God tell you not to eat fruit from any tree in the garden?"

<sup>2</sup>The woman answered, "God said we could eat fruit from any tree in the garden, <sup>3</sup>except the one in the middle. He told us not to eat fruit from that tree or even to touch it. If we do, we will die."

<sup>4</sup>"No, you won't!" the snake replied. <sup>5</sup>"God understands what will happen on the day you eat fruit from that tree. You will see what you have done, and you will know the difference between right and wrong, just as God does."

<sup>6</sup>The woman stared at the fruit. It looked beautiful and tasty. She wanted the wisdom that it would give her, and she ate some of the fruit. Her husband was there with her, so she gave some to him, and he ate it too. <sup>7</sup>At once they saw what they had done, and they realized they were naked. Then they sewed fig leaves together to make something to cover themselves.

<sup>8</sup>Late in the afternoon a breeze began to blow, and the man and woman heard the LORD God walking in the garden. They were frightened and hid behind some trees.

### The Trouble with Sin

<sup>9</sup>The LORD called out to the man and asked, "Where are you?"

<sup>10</sup>The man answered, "I was naked, and when I heard you walking through the garden, I was frightened and hid!"

<sup>11</sup>"How did you know you were naked?" God asked. "Did you eat any fruit from that tree in the middle of the garden?"

<sup>12</sup>"It was the woman you put here with me," the man said. "She gave me some of the fruit, and I ate it."

<sup>13</sup>The LORD God then asked the woman, "What have you done?"

"The snake tricked me," she answered. "And I ate some of that fruit."

<sup>14</sup>So the LORD God said to the snake:

"Because of what you have done,  
you will be the only animal  
to suffer this curse—

For as long as you live,  
you will crawl on your stomach  
and eat dirt.

<sup>15</sup>You and this woman  
will hate each other;  
your descendants and hers  
will always be enemies.

One of hers will strike you  
on the head,  
and you will strike him  
on the heel."

<sup>16</sup>Then the LORD said to the woman,

"You will suffer terribly  
when you give birth.  
But you will still desire  
your husband,  
and he will rule over you."

<sup>17</sup>The LORD said to the man,

"You listened to your wife  
and ate fruit from that tree.  
And so, the ground  
will be under a curse  
because of what you did.  
As long as you live,  
you will have to struggle  
to grow enough food.

<sup>18</sup>Your food will be plants,  
but the ground will produce  
thorns and thistles.

<sup>19</sup>You will have to sweat  
to earn a living;  
you were made out of soil,  
and you will once again  
turn into soil."

<sup>20</sup>The man Adam named his wife Eve because she would become the mother of all who live.

<sup>21</sup>Then the LORD God made clothes out of animal skins for the man and his wife.

<sup>22</sup>The LORD said, "These people now know the difference between right and wrong, just as we do. But they must not be allowed to eat fruit from the tree that lets them live forever." <sup>23</sup>So the LORD God sent them out of the Garden of Eden, where they would have to work the ground from which the man had been made. <sup>24</sup>Then God put winged creatures at the entrance to the garden and a flaming, flashing sword to guard the way to the life-giving tree.

### Cain Murders Abel

**4** Adam and Eve had a son. Then Eve said, "I'll name him Cain because I got him with the help of the LORD." <sup>2</sup> Later she had another son and named him Abel.

Abel became a sheep farmer, but Cain farmed the land. <sup>3</sup> One day, Cain gave part of his harvest to

the LORD, <sup>4</sup> and Abel also gave an offering to the LORD. He killed the first-born lamb from one of his sheep and gave the LORD the best parts of it. The LORD was pleased with Abel and his offering, <sup>5</sup> but not with Cain and his offering. This made Cain so angry that he could not hide his feelings.

<sup>6</sup> The LORD said to Cain:

What's wrong with you? Why do you have such an angry look on your face? <sup>7</sup> If you had done the right thing, you would be smiling. > But you did the wrong thing, and now sin is waiting to attack you like a lion. Sin wants to destroy you, but don't let it!

<sup>8</sup> Cain said to his brother Abel, "Let's go for a walk." > And when they were out in a field, Cain killed him.

<sup>9</sup> Afterwards the LORD asked Cain, "Where is Abel?"

"How should I know?" he answered. "Am I supposed to look after my brother?"

<sup>10</sup> Then the LORD said:

Why have you done this terrible thing? You killed your own brother, and his blood flowed onto the ground. Now his blood is calling out for me to punish you. <sup>11</sup> And so, I'll put you under a curse. Because you killed Abel and made his blood run out on the ground, you will never be able to farm the land again. <sup>12</sup> If you try to farm the land, it won't produce anything for you. From now on, you'll be without a home, and you'll spend the rest of your life wandering from place to place.

<sup>13</sup> "This punishment is too hard!" Cain said.

<sup>14</sup> "You're making me leave my home and live far from you. I will have to wander about without a home, and just anyone could kill me."

<sup>15</sup> "No!" > the LORD answered. "Anyone who kills you will be punished seven times worse than I am punishing you." So the LORD put a mark on Cain to warn everyone not to kill him. <sup>16</sup> But Cain had to go far from the LORD and live in the Land of Wandering, > which is east of Eden.

### More and More People

<sup>17</sup> Later, Cain and his wife had a son named Enoch. At the time Cain was building a town, and so he named it Enoch after his son. <sup>18</sup> Then Enoch had a son named Irad, who had a son named Mehujael, who had a son named Methushael, who had a son named Lamech.

<sup>19</sup> Lamech married Adah, then Zillah. <sup>20-21</sup> Lamech and Adah had two sons, Jabal and Jubal. Their son

Jabal was the first to live in tents and raise sheep and goats. Jubal was the first to play harps and flutes.

<sup>22</sup> Lamech and Zillah had a son named Tubal Cain who made tools out of bronze and iron. They also had a daughter, whose name was Naamah.

<sup>23</sup> One day, Lamech said to his two wives, "A young man wounded me, and I killed him. <sup>24</sup> Anyone who tries to get even with me will be punished ten times more than anyone who tries to get even with Cain."

<sup>25</sup> Adam and his wife had another son. They named him Seth, because they said, "God has given us a son to take the place of Abel, who was killed by his brother Cain." <sup>26</sup> Later, Seth had a son and named him Enosh.

About this time people started worshipping the LORD. >

### Descendants of Adam

**5** <sup>1-2</sup> God created men and women to be like himself. He gave them his blessing and called them human beings. This is a list of the descendants of Adam, the first man:

<sup>3-4</sup> When Adam was 130, he had a son who was just like him, and he named him Seth. Adam had more children <sup>5</sup> and died at the age of 930.

<sup>6</sup> When Seth was 105, he had a son named Enosh. <sup>7</sup> Seth had more children <sup>8</sup> and died at the age of 912.

<sup>9</sup> When Enosh was 90, he had a son named Kenan. <sup>10</sup> Enosh had more children <sup>11</sup> and died at the age of 905.

<sup>12</sup> When Kenan was 70, he had a son named Mahalalel. <sup>13</sup> Kenan had more children <sup>14</sup> and died at the age of 910.

<sup>15</sup> When Mahalalel was 65, he had a son named Jared. <sup>16</sup> Mahalalel had more children <sup>17</sup> and died at the age of 895.

<sup>18</sup> When Jared was 162, he had a son named Enoch. <sup>19</sup> Jared had more children <sup>20</sup> and died at the age of 962.

<sup>21</sup> When Enoch was 65, he had a son named Methuselah, <sup>22</sup> and during the next 300 years he had more children. Enoch truly loved God, <sup>23-24</sup> and God took him away at the age of 365.

<sup>25</sup> When Methuselah was 187, he had a son named Lamech. <sup>26</sup> Methuselah had more children <sup>27</sup> and died at the age of 969.

<sup>28</sup> When Lamech was 182, he had a son. <sup>29</sup> Lamech said, "I'll name him Noah because he will give us comfort, as we struggle hard to make a living on this land that the LORD has put under a