

I've Fallen And I Can't Get Up!

Big Idea: The first time man fell into sin was prototypical. Since then, it's happened to all of us and there's only one way up – reaching out to the One Who has never fallen!

The Way Down

1. Believing Lies

But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil" (Genesis 3:4,5). Satan (formerly Lucifer) knows that at the heart of every sin is the desire to be our own god. He literally fell for that delusion earlier (Isaiah 14:12-14). Pride always precedes a fall (Proverbs 16:18) and Adam and Eve were no exception.

2. Hiding Out

They heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God (Genesis 3:8). We can run but we can't hide (Hebrews 4:13). Isn't it ironic that when we fall, shame drives us away from the only One Who can actually help us get back up?

3. Blaming Others (also Deflecting, Defending, and Justifying)

The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate". Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate" (Genesis 3:12,13). When we are caught in the act we quickly revert to the popular "who me?" defense. And when accused of denial, we deny that too - "It's not denial. I'm just selective about the reality I accept" (Bill Watterson).

4. Getting Angry

For Cain and his offering he had no regard. So Cain was very angry, and his face fell (Genesis 4:5). Anger is another popular method for deflecting guilt. Paul warns that allowing anger to simmer gives a foothold for Satan (Ephesians 4:26,27).

5. Refusing Correction

The Lord said to Cain, "Why are you angry, and why has your face fallen? If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for you, but you must rule over it" (Genesis 4:6,7). Note the similarity of Peter's illustration: *Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour* (1 Peter 5:8). The sober-minded will listen to the advice of a loving Father before succumbing to the savagery of sin: *He who heeds discipline shows the way to life, but whoever ignores correction leads others astray* (Proverbs 10:17).

6. Letting Sin Escalate

I have killed a man for wounding me, a young man for striking me. If Cain's revenge is sevenfold, then Lamech's is seventy-sevenfold (Genesis 4:23,24). Sin left unrepented and unchecked, like a snowball rolling downhill, always gains size and momentum. This is true not only within one lifespan but even more so from one generation to the next. We see this family line of sinners sink to the depravity that characterized the world before the flood (Genesis 6:5,6).

The Way Up

1. Call on the Lord

To Seth also a son was born, and he called his name Enosh. At that time people began to call upon the name of the Lord (Genesis 4:26). There are many possible wrong responses after a fall, but there's only one right one - reach up through repentance and obedience to the One Who is lifted up! Notice that righteousness, like sin, is also compounded through future generations.

What will you do today to lift up your life and the lives of the next generation around you?