GENESIS: THE BOOK OF BEGINNINGS · STUDY NOTES

Study 5: From Adam to Noah

For personal study or groups

Your name

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How to use these notes. Watch each part's video on biblehelp.net, or read the text below. Look up each passage in your own Bible and write the answer on the lines. The verses are printed at the back if you need them. At the end there are questions to think about on your own or to discuss in a group.

📖 **Before you start: read Genesis 5:1–6:8.** Read it in your own Bible, all the way through, before the videos. Then in this study we go through it together, a few verses at a time. (About 4 minutes.)

PART 1

"And then he died"

Genesis 5:1–32

Genesis 5 follows the line of Seth, all the way from Adam to Noah. It is a list of names and numbers, but every word of the Bible is God's word. Listen carefully, and you will hear a sad refrain repeated again and again. You will meet one man who broke the pattern. And you will hear a father's hope for his son.

1. Made in God's likeness. "This is the book of the generations of Adam." Before it lists Adam's children, Genesis takes us back to the beginning: "In the day that God created man, He made him in His own likeness… and He blessed them." After the fall and the first murder, God reminds us how He made us. Of all the creatures, only man was made to know God, to love Him, to speak with Him, and to rule the earth for Him.

1 **Read Genesis 5:1–5**

In whose likeness did God make man? In whose likeness was Seth born? How long did Adam live?

2. The image passed on. Adam "had a son in his own likeness, after his own image". The same words are used again: the image of God was not lost at the fall. It was passed on, from Adam to Seth, and down to every person alive today. That is why every human life matters to God. James warns us not to curse people, because they "have been made in God's likeness" (James 3:9). Rich or poor, young or old, born or unborn, of every nation and colour: each one must be treated with respect.

2 **Read James 3:9**

Why is it wrong to curse people?

3. Adam's fallen nature too. By the time Seth was born, Adam had sinned. So Seth received two things from his father: the image of God, which made him truly human, and his father's fallen nature, turned away from God. Adam had been made upright; Seth was born a sinner, and so has every one of us been, ever since. The image of God remains in us, but it is marred, like a fine picture that has been damaged.

4. Sinful from the start. King David saw this when he confessed his sin with Bathsheba: "I was sinful when my mother conceived me." We are not born good and then become bad by copying others; we are born with hearts that turn away from God, because we are Adam's children. That is why Jesus said we must be born again, by the Spirit of God (John 3:6).

3 **Read Psalm 51:5**

When did David say he became sinful?

5. "And then he died." God had said, "in the day that you eat of it, you will surely die." The serpent had said, "You will not surely die." Adam lived on for 930 years, but in the end he died. God's word came true, as it always does. And this is the line of Seth, the people who called on the LORD: even they died. As Paul says, "death reigned" from Adam onwards, over everyone (Romans 5:17).

4 **Read Romans 5:17**

What reigned through the one man, Adam? What do those who receive God's grace reign in?

6. A walk through a graveyard. Reading Genesis 5 is like walking through an old graveyard and reading the stones. Each says the same three things: he lived so many years; he had sons

and daughters; and then he died. The Bible gives the long ages plainly, and we take them as it gives them. But the long lives are not the point. Nine hundred years is a very long time, but it is not for ever. With all our medicine and knowledge, people still die. One day someone will write the last line of your story too.

5 **Read Genesis 5:6–20**

What three things are said about each man? What words end each one's story?

7. "And had other sons and daughters." Even under the shadow of death, God's blessing went on: "Be fruitful and multiply" (Genesis 1:28). We know nothing about Kenan, Mahalalel or Jared except that they lived, had children, and died. There are no great deeds, no cities, no inventions. Yet they carried God's promise from one generation to the next. Ordinary, faithful lives, which the world forgets, are not forgotten by God. And if you have no children, these verses do not say your life is less: the Lord Jesus had no children, and no life was ever more fruitful.

8. Teach us to number our days. Moses, who wrote down Genesis 5, prayed: "So teach us to number our days, that we may present a heart of wisdom." To number our days is to remember that they are counted and will end. That is not meant to make us gloomy, but wise: to live each day before God, to put first what matters most, and to make peace with Him while we can. "Man is appointed to die once, and after that to face judgment" (Hebrews 9:27).

6 **Read Psalm 90:10**

How long does the psalm say our days usually last? How quickly do they pass?

7 **Read Psalm 90:12**

What does Moses ask God to teach us?

9. Enoch walked with God. In the middle of the graveyard there is a gap. We wait for the words "and then he died", and they never come. "Enoch walked with God", said twice so that we

notice. To walk with someone, you must be going the same way, and you must be friends (Amos 3:3). Enoch was at peace with God; he listened to Him, spoke with Him, and went where God led, day after day. He did it for 300 years, in an ordinary family life, and in a wicked age. In Cain's line, the seventh from Adam was Lamech, who boasted of killing; in Seth's line, the seventh was Enoch, who walked with God.

8 **Read Genesis 5:21–24**

How long did Enoch walk with God? What happened to him in the end?

10. How can we walk with God? First, we must be at peace with Him, and that begins at the cross: "since we have been justified through faith, we have peace with God through our Lord Jesus Christ" (Romans 5:1). Then we walk with Him day by day: listening to Him in His word, speaking to Him in prayer, obeying Him in small things and large, and walking with His people in the church (Colossians 2:6). And when we stumble, we do not give up. We come back to Him, confess our sin, and go on walking.

9 **Read Romans 5:1**

How have we been justified? What do we have with God through Jesus?

11. Walking in the light. Walking with God does not mean never failing. It means walking "in the light": living openly before God, hiding nothing from Him. And as we do, "the blood of Jesus His Son cleanses us from all sin". Not some sins: all sin. No one walks with God in his own strength or goodness. We walk with Him because Christ has opened the way.

10 **Read 1 John 1:7**

What does the blood of Jesus do for those who walk in the light?

12. Enoch the prophet. Jude tells us more: Enoch spoke out in his wicked age, and warned that the Lord was coming "to execute judgment on everyone". Walking with God did not make

Enoch hide away from the world. It made him speak up, because he cared about what God cares about. The Lord Jesus will come again to judge the living and the dead, and Enoch's warning is for us too.

11 **Read Jude 14–15**

Who did Enoch say was coming? What would the Lord come to do?

13. By faith Enoch was taken up. Enoch did not earn his way out of death. He walked with God by faith: he believed that God exists, and that He rewards those who earnestly seek Him. "Without faith it is impossible to please God." But with faith, even a sinner like Enoch, or like us, can please Him. And then "God had taken him away".

12 **Read Hebrews 11:5–6**

Why was Enoch taken up? What must anyone who comes to God believe?

14. A gap in the graveyard. In a chapter full of death, God shows us that death does not have the last word. We will not be taken up as Enoch was, but he is a sign of what God will do for all His people. Jesus said, "I am the resurrection and the life. Whoever believes in Me will live, even though he dies" (John 11:25). For those who belong to Christ, "to die is gain" (Philippians 1:21). If you have lost someone who loved the Lord, you grieve, but not "like the rest, who are without hope" (1 Thessalonians 4:13). So the question Enoch asks us is not "How long will you live?" but "Are you walking with God?"

13 **Read John 11:25–26**

What did Jesus say about Himself? What did He promise to whoever believes in Him?

14 **Read Philippians 1:21–23**

Why could Paul say that to die is gain?

15. "May this one comfort us." Methuselah lived 969 years, longer than anyone in the Bible, and yet "then he died". Then we meet another Lamech, the father of Noah. Not the Lamech of Cain's line, who sang about revenge: this Lamech names his son with a prayer: "May this one comfort us in the labor and toil of our hands caused by the ground that the LORD has cursed." He knew that the hard toil came from sin and from God's judgement (Genesis 3:17). The name Noah sounds like the Hebrew words for "rest" and "comfort". Lamech hoped that God would use his son, and that is a good prayer for every Christian parent.

15 **Read Genesis 5:25–32**

What did Lamech say when he named Noah? What were the names of Noah's three sons?

16. Comfort and rest. Lamech's prayer was answered in part: God would save the human race through Noah, and after the flood He would promise, "Never again will I curse the ground because of man" (Genesis 8:21). But Noah could not take away the curse itself. The full answer came in Christ, who took the curse on Himself at the cross, and says: "Come to Me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28). And one day, "No longer will there be any curse" (Revelation 22:3).

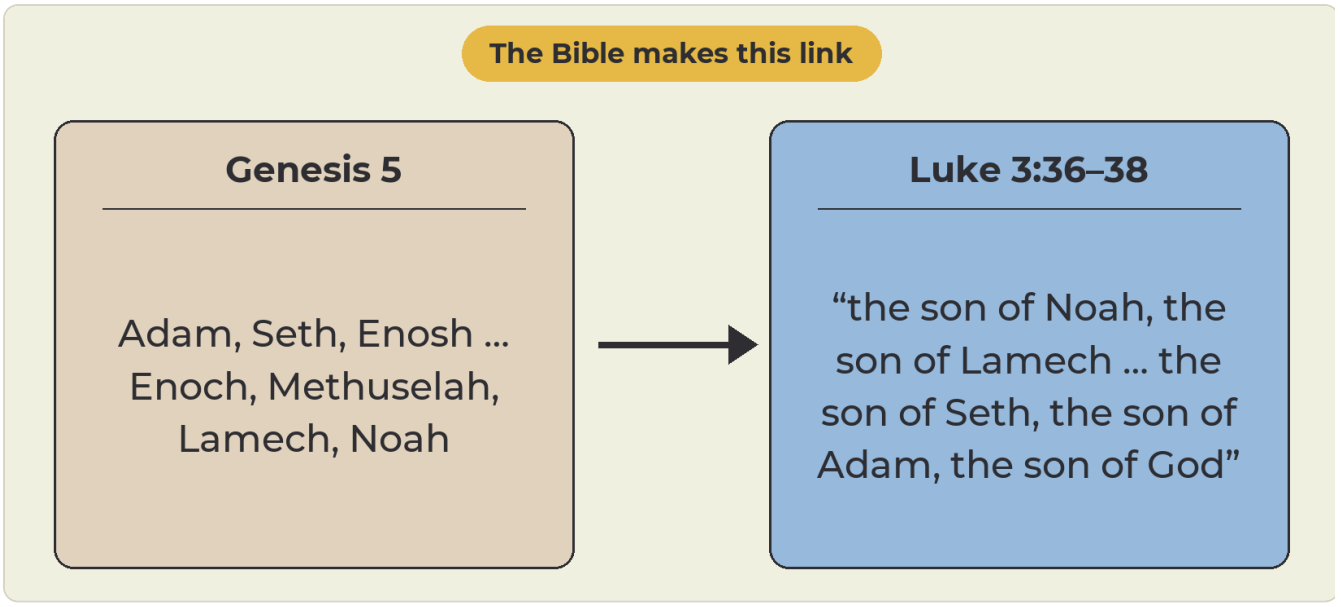
16 **Read Matthew 11:28**

Whom does Jesus call to come to Him? What does He promise them?



The promise thread: a third knot is added. Noah, "May this one comfort us" (Genesis 5:29), after the seed of the woman (Genesis 3:15) and Seth (Genesis 4:25).

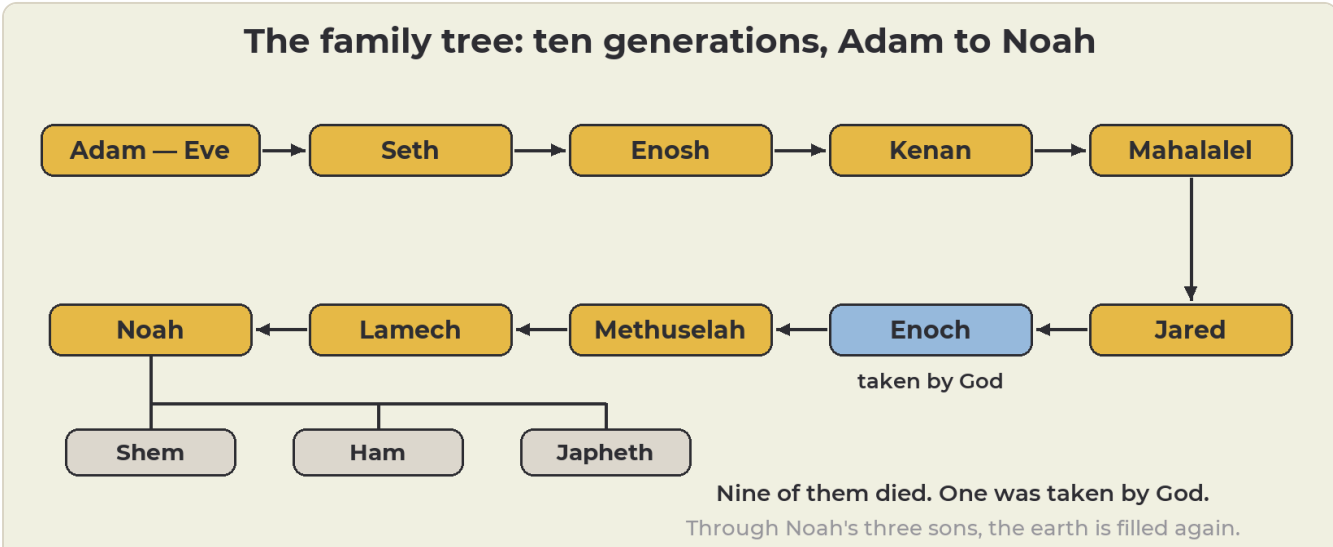
17. The family of Jesus. Many centuries later, Luke wrote down the family line of the Lord Jesus, and at the very end we find these same names: "the son of Noah, the son of Lamech, the son of Methuselah, the son of Enoch..." Genesis 5 is a list of His ancestors. And Luke does not stop at Abraham: he goes all the way back to Adam. Jesus is a Son of Adam, come for the whole human race. So this list of deaths is also a road, down which God was bringing the One who would defeat death.



A link the Bible itself makes: the names of Genesis 5 and the family line of Jesus in Luke 3:36–38.

17 **Read Luke 3:36–38**

Which names from Genesis 5 do you find? With whom does the list end?



The family tree: ten generations from Adam to Noah. Nine of them died; one, Enoch, was taken by God; and through Noah's three sons, Shem, Ham and Japheth, the earth would be filled again.

PART 2

The LORD saw

Genesis 6:1–8

1. Hard verses. Genesis 6:1–4 are some of the hardest verses in Genesis, and Christians have understood them in different ways. We take them one step at a time, and hold on to what is clear.

18 **Read Genesis 6:1–4**

What did the sons of God see, and what did they do? What did the LORD say about His Spirit?

2. "The sons of God." Some Christians think the sons of God were angels. It is a hard question, and believers have held different views in love. But there are good reasons to understand them as the godly line of Seth, the people who called on the name of the LORD. The chapters before have just traced the two lines: Cain's in chapter 4 and Seth's in chapter 5. And all through the Bible, God calls His people His sons. So "the daughters of men" would be the women of Cain's line, which lived without God. On the main point, all agree: what happened here was sin, it grieved God, and it brought His judgement.

3. They saw, and they took. "The sons of God saw that the daughters of men were beautiful, and they took as wives whomever they chose." It is the echo of the garden: Eve "saw" that the fruit was pleasing, and she took it. They chose by looks alone. They did not ask whether these women loved God; they did not ask God. It was living by sight, not by faith. And so the two lines mixed. Instead of drawing the others to God, the godly line was drawn away, until there was no difference between them.

4. In the world, not of it. That is always the danger for God's people. Jesus prayed for His disciples: "I am not asking that You take them out of the world, but that You keep them from the evil one. They are not of the world, just as I am not of the world" (John 17:15–16). We are to live in the world and love the people in it, without becoming like it.

19 **Read John 17:15–16**

What did Jesus ask His Father for His disciples? Are they of the world?

5. Marrying "in the Lord." The New Testament gives the same warning to Christians. Marriage is the closest of all partnerships, two lives becoming one. "Do not be unequally yoked with unbelievers" (2 Corinthians 6:14): a yoke joins two animals to pull together, and if they pull in different directions, neither can go straight. If you are a Christian and not yet married, do not choose by looks or feelings alone; ask whether the one you love also loves the Lord. And if you are already married to someone who does not believe, the Bible does not tell you to leave: stay, if your husband or wife is willing, live for Christ at home with love and patience, and keep praying (1 Corinthians 7:12–14).

20 **Read 2 Corinthians 6:14**

With whom should a Christian not be yoked?

21 **Read 1 Corinthians 7:12–14**

What should a believer do whose husband or wife does not believe, but is willing to stay?

6. "My Spirit will not contend with man forever." God's Spirit had been striving with these people: through their consciences, and through preachers like Enoch, and later Noah, calling them back again and again. But He would not do so for ever, "for he is mortal": weak, and set on turning away from God. Some think the "120 years" mean that people would no longer live so long; many understand them as a time of warning before the flood. Even as He announced judgement, God gave a long time to turn back.

7. While the ark was being built. Peter tells us that "God waited patiently in the days of Noah while the ark was being built", and that Noah was "a preacher of righteousness". Every day the people could see the ark rising, and hear the warning, and they would not listen. God is still patient today, "not wanting anyone to perish but everyone to come to repentance" (2 Peter 3:9). But His patience will not last for ever. "Today, if you hear His voice, do not harden your hearts" (Hebrews 3:15).

22 **Read 1 Peter 3:20**

What was God doing while the ark was being built? How many people were saved?

23 **Read 2 Peter 2:5**

What does Peter call Noah?

24 **Read 2 Peter 3:9**

Why has the Lord not yet come in judgement? What does He want for everyone?

8. The Nephilim. We do not know very much about the Nephilim. The name seems to come from a word meaning "to fall". They seem to have been famous warriors of those days: strong, violent men, who made others fall before them. The world admired them as "men of renown". But God does not measure people the way the world does. He saw only their wickedness.

9. What the LORD saw. In chapter 1, God looked on all He had made, "and indeed, it was very good". Now He looks again. He sees not the cities, the music or the mighty men, but "that the wickedness of man was great upon the earth". And He looks deeper, into the heart, the centre of who we are, where we think, and want, and choose: "every inclination" (not just some) "of the thoughts of his heart" (not only what people did, but what they wanted and planned) "was altogether evil" (nothing good mixed in) "all the time" (without a break).

25 **Read Genesis 6:5–8**

What did the LORD see on the earth and in man's heart? How did He feel? What did Noah find?

10. Are we really that bad? It is not only about the people before the flood. After the flood, God says it again (Genesis 8:21); Jesus said, "from within the hearts of men come evil thoughts" (Mark 7:21); and "There is no one righteous, not even one" (Romans 3:10). The problem is not only what we do, but what we are. That does not mean everyone is as wicked as he could be: by God's kindness, even people who do not know Him can be kind and brave and honest. But no part of us is untouched by sin, and no one, left to himself, loves God with all his heart. A bad tree cannot make itself into a good tree. We need what only God can give: a new heart (John 3:3).

26 **Read Mark 7:21**

Where do evil thoughts come from?

27 **Read Romans 3:10**

How many are righteous?

11. A new heart. What we cannot do, God promises to do: "I will give you a new heart and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh." A heart of stone is cold and hard towards God; a heart of flesh is alive and turned towards Him. This is what God does when He brings someone to Christ: He does not just improve the old heart, He gives a new one. So if you know your heart is not right with God, do not despair. Ask Him for a new heart. He has promised to give it.

28 **Read Ezekiel 36:26**

What does God promise to remove? What will He give instead?

12. "He was grieved in His heart." "The LORD regretted that He had made man on the earth." This does not mean that God made a mistake or did not know what would happen: "He is not a man, that He should change His mind" (1 Samuel 15:29). The Bible speaks of God in human words so that we can understand Him, but those words tell us something true. Sin is not a small thing to God. He is holy, so He hates it; and He is good and loving, so it grieves Him. We see the same heart in Jesus, who wept over Jerusalem (Luke 19:41). And even Christians are told, "do not grieve the Holy Spirit of God" (Ephesians 4:30).

29 **Read Luke 19:41**

What did Jesus do when He saw Jerusalem?

30 **Read Ephesians 4:30**

Whom are we told not to grieve?

13. "I will blot out man." The judgement of the flood is just: a judge who never punished wrong would not be a good judge, and God had waited patiently for a long time. Because man was given the care of the earth, the creatures under him will suffer with him. Sin always spreads its harm far beyond the sinner: "the whole creation has been groaning together" (Romans 8:22).

14. As in the days of Noah. Jesus Himself tells us that the flood is a warning for us. Before the flood, people went on with ordinary life, eating, drinking and marrying. None of those things is wrong, but they lived as if God would never judge, "and they were oblivious until the flood came and swept them all away". Jesus says His return will be like that. Will you be ready?

31 **Read Matthew 24:38–39**

What were people doing before the flood? What did they not know until the flood came?

15. "Noah, however, found favor." After all that darkness: "Noah, however, found favor in the eyes of the LORD." Everything turns on that word "however". It does not say that Noah earned God's favour; it says he "found" it. "Favor" is the Bible's word for grace, kindness we do not deserve, and this is the first time it appears in the Bible. Noah was a sinner too, with the same heart as everyone else. And notice the order: verse 8 says Noah found favour; only then does verse 9 say that "Noah walked with God". Grace came first; the godly life followed. That is how anyone is saved: "by grace you have been saved through faith… not by works, so that no one can boast" (Ephesians 2:8–9).

32 **Read Ephesians 2:8–9**

How have we been saved? Why can no one boast?

16. By faith Noah built an ark. God's grace came first. Then Noah believed God's warning, though he could not yet see the flood, and he obeyed. And he "became heir of the righteousness that comes by faith". The same righteousness is offered to us today, through faith in Christ. Just as Noah found favour, so can we. There is an ark for sinners today, and His name is Jesus.

33 **Read Hebrews 11:7**

What did Noah do when he was warned? What did he become heir of?

Study 5 in summary

From Adam to Noah, ten generations lived and had children, and nine of them died: God's word came true, and death reigned. But Enoch walked with God, and God took him: death does not have the last word. Lamech hoped that his son Noah would bring comfort from the curse. Then the line of Seth mixed with the line of Cain, and the world was filled with wickedness, down to the thoughts of the heart. The LORD saw it and was grieved, and judgement was coming. But Noah found favour in the eyes of the LORD. All through these chapters, the Bible points us to Christ: the descendant of Seth, Enoch and Noah; the One who conquered death; the One who gives rest to the weary; the One who gives new hearts; and the One in whom sinners find favour with God.

THINK IT THROUGH

Questions for reflection and discussion

1. What two things did Seth receive from his father Adam?

2. What does the refrain "and then he died" teach us?

3. What does it mean to walk with God, and are you walking with Him?

4. How is Jesus the answer to Lamech's hope?

5. Why did the sons of God choose their wives, and why was it wrong?

6. What did the LORD see when He looked at the hearts of men?

7. What does it tell you that sin grieves God?

8. What does it mean that Noah "found favor" in the eyes of the LORD?

HIDE IT IN YOUR HEART

Memory verse for study 5

Learn this verse by heart this week. Cut out the card and keep it where you will see it.

GENESIS · STUDY 5 · MEMORY VERSE

“Noah, however, found favor in the eyes of the LORD.”

Genesis 6:8

Berean Standard Bible · biblehelp.net

“I have hidden Your word in my heart that I might not sin against You.” (Psalm 119:11, BSB)

AT THE BACK

The Bible passages (BSB)

1 **Genesis 5:1–5** *[1]This is the book of the generations of Adam. In the day that God created man, He made him in His own likeness. [2]Male and female He created them, and He blessed them. And in the day they were created, He called them "man." [3]When Adam was 130 years old, he had a son in his own likeness, after his own image; and he named him Seth. [4]And after he had become the father of Seth, Adam lived 800 years and had other sons and daughters. [5]So Adam lived a total of 930 years, and then he died.*

2 **James 3:9** *With the tongue we bless our Lord and Father, and with it we curse men, who have been made in God's likeness.*

3 **Psalm 51:5** *Surely I was brought forth in iniquity; I was sinful when my mother conceived me.*

4 **Romans 5:17** *For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive the abundance of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!*

5 **Genesis 5:6–20** *[6]When Seth was 105 years old, he became the father of Enosh. [7]And after he had become the father of Enosh, Seth lived 807 years and had other sons and daughters. [8]So Seth lived a total of 912 years, and then he died. [9]When Enosh was 90 years old, he became the father of Kenan. [10]And after he had become the father of Kenan, Enosh lived 815 years and had other sons and daughters. [11]So Enosh lived a total of 905 years, and then he died. [12]When Kenan was 70 years old, he became the father of Mahalalel. [13]And after he had become the father of Mahalalel, Kenan lived 840 years and had other sons and daughters. [14]So Kenan lived a total of 910 years, and then he died. [15]When Mahalalel was 65 years old, he became the father of Jared. [16]And after he had become the father of Jared, Mahalalel lived 830 years and had other sons and daughters. [17]So Mahalalel lived a total of 895 years, and then he died. [18]When Jared was 162 years old, he became the father of Enoch. [19]And after he had become the father of Enoch, Jared lived 800 years and had other sons and daughters. [20]So Jared lived a total of 962 years, and then he died.*

6 **Psalm 90:10** *The length of our days is seventy years—or eighty if we are strong—yet their pride is but labor and sorrow, for they quickly pass, and we fly away.*

7 **Psalm 90:12** *So teach us to number our days, that we may present a heart of wisdom.*

8 **Genesis 5:21–24** *[21]When Enoch was 65 years old, he became the father of Methuselah. [22]And after he had become the father of Methuselah, Enoch walked with God 300 years and had other sons and daughters. [23]So Enoch lived a total of 365 years. [24]Enoch walked with God, and then he was no more, because God had taken him away.*

9 **Romans 5:1** *Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,*

10 **1 John 1:7** *But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.*

11 **Jude 1:14–15** *14Enoch, the seventh from Adam, also prophesied about them: "Behold, the Lord is coming with myriads of His holy ones 15to execute judgment on everyone, and to convict all the ungodly of every ungodly act of wickedness and every harsh word spoken against Him by ungodly sinners."*

12 **Hebrews 11:5–6** *5By faith Enoch was taken up so that he did not see death: "He could not be found, because God had taken him away." For before he was taken, he was commended as one who pleased God. 6And without faith it is impossible to please God. For anyone who approaches Him must believe that He exists and that He rewards those who earnestly seek Him.*

13 **John 11:25–26** *25Jesus said to her, "I am the resurrection and the life. Whoever believes in Me will live, even though he dies. 26And everyone who lives and believes in Me will never die. Do you believe this?"*

14 **Philippians 1:21–23** *21For to me, to live is Christ, and to die is gain. 22But if I go on living in the body, this will mean fruitful labor for me. So what shall I choose? I do not know. 23I am torn between the two. I desire to depart and be with Christ, which is far better indeed.*

15 **Genesis 5:25–32** *25When Methuselah was 187 years old, he became the father of Lamech. 26And after he had become the father of Lamech, Methuselah lived 782 years and had other sons and daughters. 27So Methuselah lived a total of 969 years, and then he died. 28When Lamech was 182 years old, he had a son. 29And he named him Noah, saying, "May this one comfort us in the labor and toil of our hands caused by the ground that the LORD has cursed." 30And after he had become the father of Noah, Lamech lived 595 years and had other sons and daughters. 31So Lamech lived a total of 777 years, and then he died. 32After Noah was 500 years old, he became the father of Shem, Ham, and Japheth.*

16 **Matthew 11:28** *Come to Me, all you who are weary and burdened, and I will give you rest.*

17 **Luke 3:36–38** *36the son of Cainan, the son of Arphaxad, the son of Shem, the son of Noah, the son of Lamech, 37the son of Methuselah, the son of Enoch, the son of Jared, the son of Mahalalel, the son of Cainan, 38the son of Enosh, the son of Seth, the son of Adam, the son of God.*

18 **Genesis 6:1–4** *1Now when men began to multiply on the face of the earth and daughters were born to them, 2the sons of God saw that the daughters of men were beautiful, and they took as wives whomever they chose. 3So the LORD said, "My Spirit will not contend with man forever, for he is mortal; his days shall be 120 years." 4The Nephilim were on the earth in those days—and afterward as well—when the sons of God had relations with the daughters of men. And they bore them children who became the mighty men of old, men of renown.*

19 **John 17:15–16** *15I am not asking that You take them out of the world, but that You keep them from the evil one. 16They are not of the world, just as I am not of the world.*

20 **2 Corinthians 6:14** *Do not be unequally yoked with unbelievers. For what partnership can righteousness have with wickedness? Or what fellowship does light have with darkness?*

21 **1 Corinthians 7:12–14** *12To the rest I say this (I, not the Lord): If a brother has an unbelieving wife and she is willing to live with him, he must not divorce her. 13And if a woman has an unbelieving husband and he is willing to live with her, she must not divorce him. 14For the unbelieving husband is sanctified through his believing wife, and the unbelieving wife is sanctified through her believing husband. Otherwise your children would be unclean, but now they are holy.*

22 **1 Peter 3:20** *who disobeyed long ago when God waited patiently in the days of Noah while the ark was being built. In the ark a few people, only eight souls, were saved through water.*

23 **2 Peter 2:5** *if He did not spare the ancient world when He brought the flood on its ungodly people, but preserved Noah, a preacher of righteousness, among the eight;*

24 **2 Peter 3:9** *The Lord is not slow in keeping His promise as some understand slowness, but is patient with you, not wanting anyone to perish but everyone to come to repentance.*

25 **Genesis 6:5–8** *5Then the LORD saw that the wickedness of man was great upon the earth, and that every inclination of the thoughts of his heart was altogether evil all the time. 6And the LORD regretted that He had made man on the earth, and He was grieved in His heart. 7So the LORD said, "I will blot out man, whom I have created, from the face of the earth—every man and beast and crawling creature and bird of the air—for I am grieved that I have made them." 8Noah, however, found favor in the eyes of the LORD.*

26 **Mark 7:21** *For from within the hearts of men come evil thoughts, sexual immorality, theft, murder, adultery,*

27 **Romans 3:10** *As it is written: "There is no one righteous, not even one.*

28 **Ezekiel 36:26** *I will give you a new heart and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh.*

29 **Luke 19:41** *As Jesus approached Jerusalem and saw the city, He wept over it*

30 **Ephesians 4:30** *And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption.*

31 **Matthew 24:38–39** *38For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark. 39And they were oblivious until the flood came and swept them all away. So will it be at the coming of the Son of Man.*

32 **Ephesians 2:8–9** *8For it is by grace you have been saved through faith, and this not from yourselves; it is the gift of God, 9not by works, so that no one can boast.*

33 **Hebrews 11:7** *By faith Noah, when warned about things not yet seen, in godly fear built an ark to save his family. By faith he condemned the world and became heir of the righteousness that comes by faith.*

Scripture: Berean Standard Bible (BSB), public domain. Quotations keep its American spelling. Like many English Bibles, it often says 'man', 'he' or 'brothers' where it means people in general, men and women alike.

FOR GROUP LEADERS

Study 5: From Adam to Noah

> **Memory verse:** “Noah, however, found favor in the eyes of the LORD.” (Genesis 6:8). Say it together at the end, and ask who can say it without looking.

Aims

- See from Genesis 5 that God's word came true ("and then he died"), that the image of God is passed on to every person, and that we are also born with Adam's fallen nature.
- See in Enoch what it means to walk with God, by faith, and that for God's people death does not have the last word.
- See in Lamech's hope for Noah, and in Luke 3, how this list of names leads to Christ, who gives rest to the weary.
- See from Genesis 6:1–8 how God's people were drawn into the world, what the LORD saw in the human heart, that sin grieves Him, and that "Noah found favor": grace first, then a godly life.

Suggested timing (about 80 minutes, or two meetings)

- **5 min** Welcome and short prayer. Ask the group to read Genesis 5:1–6:8 before the meeting.
- **35 min** Part 1 video (22 min); Genesis 5, with Psalm 51, Psalm 90, 1 John 1, Jude 14–15, Hebrews 11 and Luke 3.
- **30 min** Part 2 video (17 min); Genesis 6:1–8, with John 17, 2 Corinthians 6, 1 Peter 3, Ezekiel 36, Matthew 24 and Hebrews 11.
- **10 min** Reflection questions. Close in prayer, thanking God for His grace and asking for hearts that walk with Him.

Part 1 is long. For most groups, take one part each week. If you do, read the passage for that part aloud together before the video.

Tips

- Genesis 5 can look like a dull list. Help the group hear the refrain "and then he died", and then notice the gap at Enoch. The graveyard picture in the video helps.
- People often ask about the long ages. The study takes them as the Bible gives them, without discussing dates or the age of the earth. Answer briefly and return to the main point: however long they lived, they died.
- Some in your group may be grieving, or may be without children. The study speaks gently to both (Part 1, points 7 and 14). Be ready to listen and to pray with them.
- The "sons of God" (Genesis 6:2) are understood in different ways. The study gives good reasons to see them as the godly line of Seth, and names the other view (angels) kindly. Do not let the group spend the meeting on it: all agree that what happened was sin, and that is the point of the passage.
- Part 2 speaks about marrying unbelievers. Some in your group may already be married to someone who does not believe. The study encourages them to stay, live for Christ at home, and keep praying (1 Corinthians 7:12–14). Speak with care.
- "The LORD regretted" (Genesis 6:6) may raise questions. The study explains that God does not change His mind as we do (1 Samuel 15:29), but that sin truly grieves Him.
- End with the turning point: "Noah, however, found favor". Grace came first; the godly life followed. Make sure the group sees that this is how anyone is saved.

- The promise thread and the family tree grow again in this study. They are useful for a short recap at the start of the next meeting.