

# Chapter 2

## The Seventh Day—Rest

**1** So the sky, the earth and all that filled them were finished.  
**2** By the seventh day God finished the work he had been doing. So on the seventh day he rested from all his work.  
**3** God blessed the seventh day and made it a holy day. He made it holy because on that day he rested. He rested from all the work he had done in creating the world.



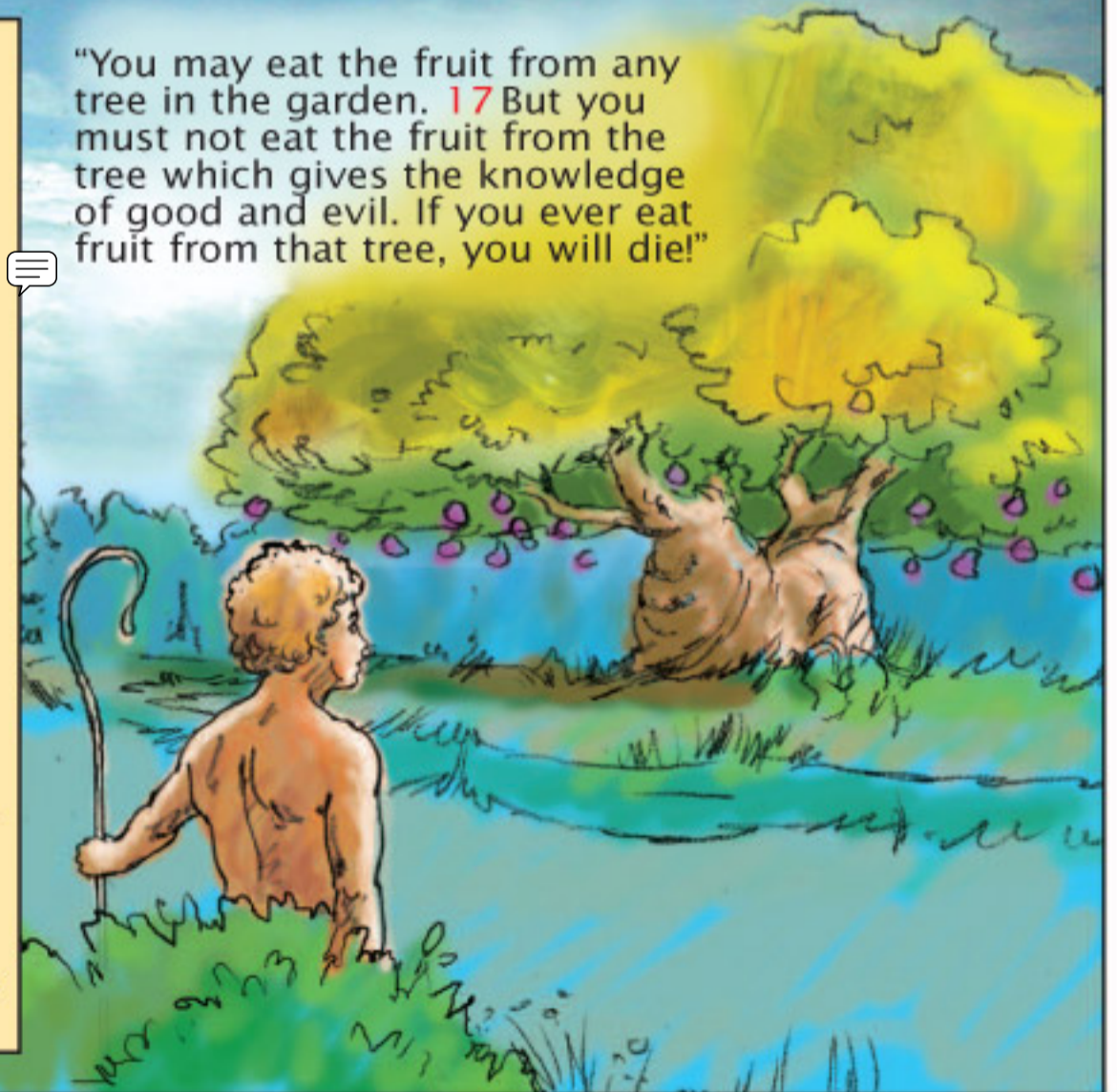
## The First People

**4** This is the story of the creation of the sky and the earth. When the Lord God made the earth and the sky, **5** there were no plants on the earth. Nothing was growing in the fields. The Lord God had not yet made it rain on the land. And there was no man to care for the ground. **6** But a mist often rose from the earth and watered all the ground.



**7** Then the Lord God took dust from the ground and formed man from it. The Lord breathed the breath of life into the man's nose. And the man became a living person.

**8** Then the Lord God planted a garden in the East, in a place called Eden. He put the man he had formed in that garden. **9** The Lord God caused every beautiful tree and every tree that was good for food to grow out of the ground. In the middle of the garden, God put the tree that gives life. And he put there the tree that gives the knowledge of good and evil.  
**10** A river flowed through Eden and watered the garden. From that point the river was divided. It had four streams flowing into it. **11** The name of the first stream is Pishon. It flows around the whole land of Havilah, where there is gold. **12** That gold is good. Bdelium and onyx are also there. **13** The name of the second river is Gihon. It flows around the whole land of Cush. **14** The name of the third river is Tigris. It flows out of Assyria toward the east. The fourth river is the Euphrates.  
**15** The Lord God put the man in the garden of Eden to care for it and work it. **16** The Lord God commanded him,



"You may eat the fruit from any tree in the garden. **17** But you must not eat the fruit from the tree which gives the knowledge of good and evil. If you ever eat fruit from that tree, you will die!"


2:12 **bdellium and onyx** Bdelium is an expensive, sweet-smelling resin like myrrh. And onyx is a gem.

**The First Woman**

**18** Then the Lord God said,  
 "It is not good for the man to be alone. I will make a helper who is right for him."

**19** From the ground God formed every wild animal and every bird in the sky. He brought them to the man so the man could name them. Whatever the man called each living thing, that became its name.

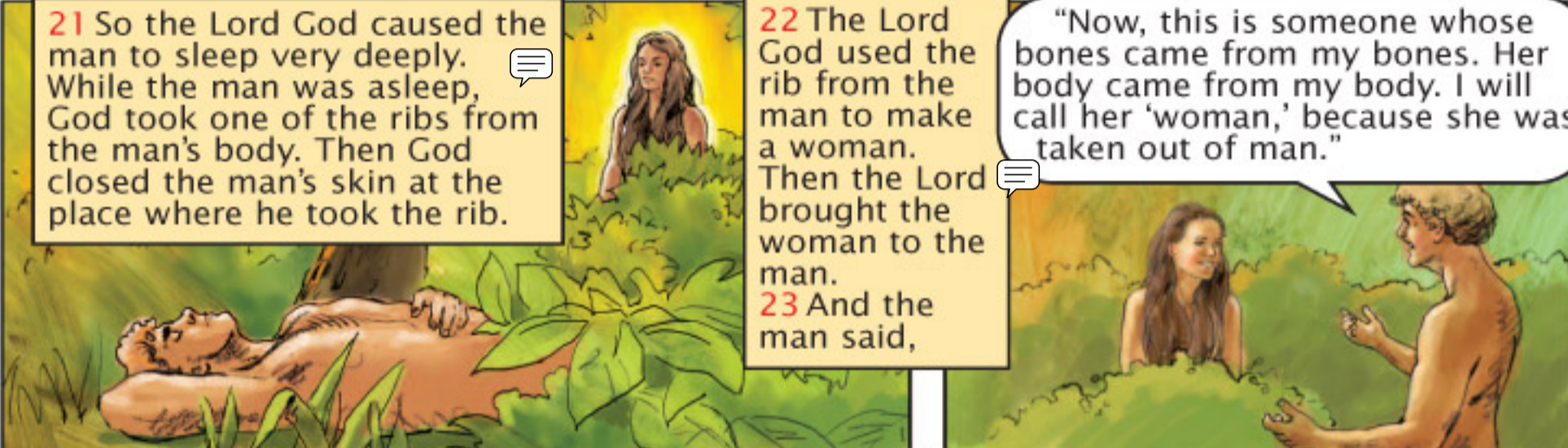
**20** The man gave names to all the tame animals, to the birds in the sky and to all the wild animals. But Adam did not find a helper that was right for him.



**21** So the Lord God caused the man to sleep very deeply. While the man was asleep, God took one of the ribs from the man's body. Then God closed the man's skin at the place where he took the rib.

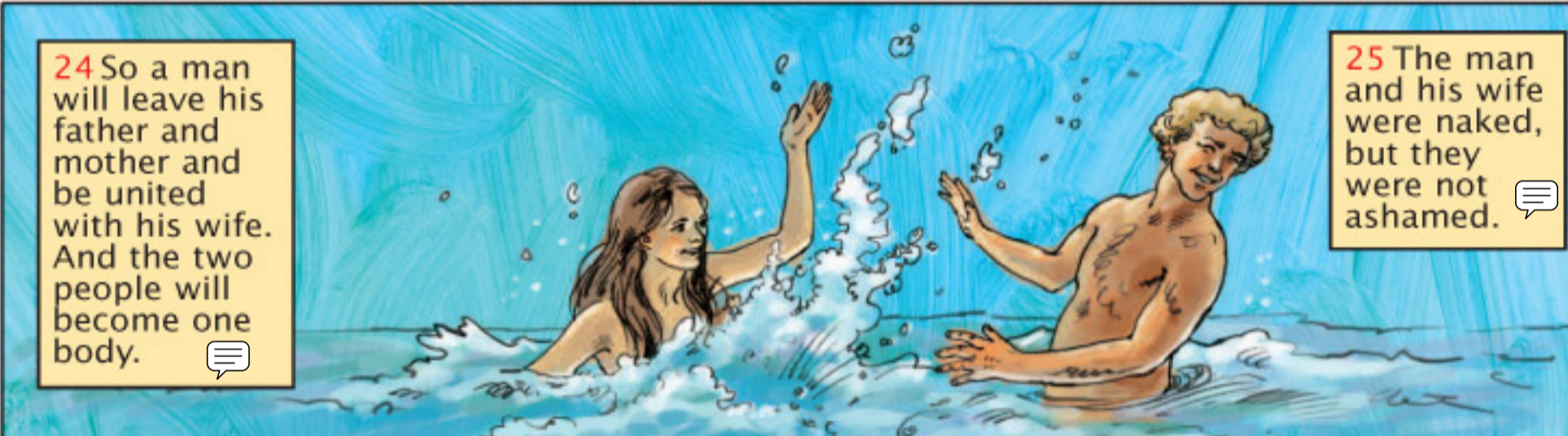
**22** The Lord God used the rib from the man to make a woman. Then the Lord brought the woman to the man.

**23** And the man said,  
 "Now, this is someone whose bones came from my bones. Her body came from my body. I will call her 'woman,' because she was taken out of man."



**24** So a man will leave his father and mother and be united with his wife. And the two people will become one body.

**25** The man and his wife were naked, but they were not ashamed.

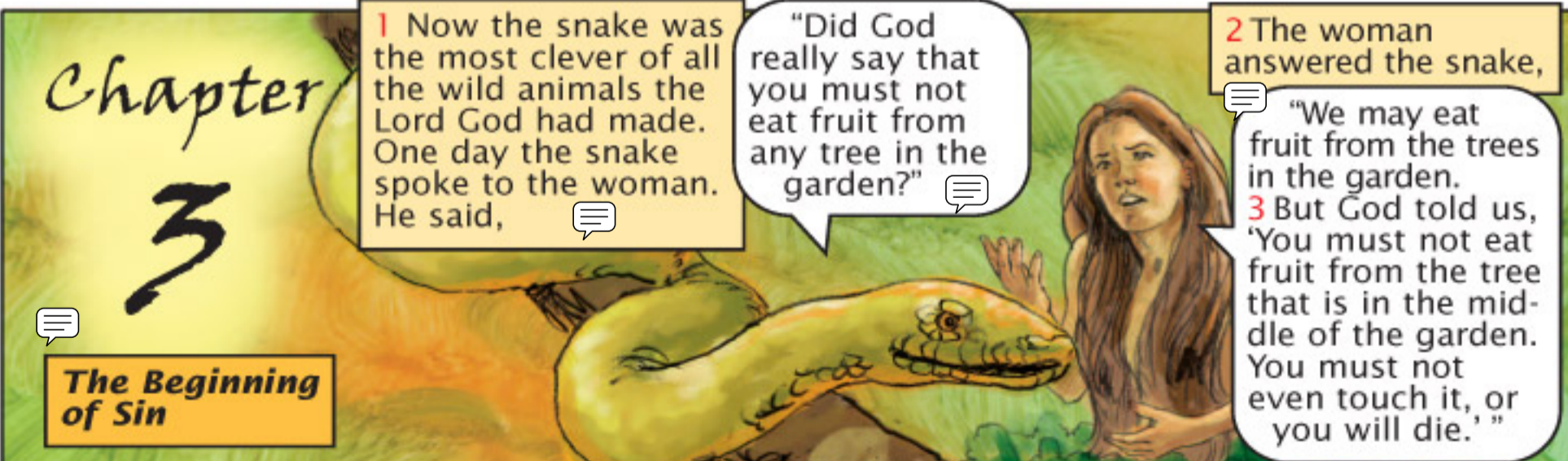


**Chapter 3**

**The Beginning of Sin**

**1** Now the snake was the most clever of all the wild animals the Lord God had made. One day the snake spoke to the woman. He said,  
 "Did God really say that you must not eat fruit from any tree in the garden?"

**2** The woman answered the snake,  
 "We may eat fruit from the trees in the garden. But God told us, 'You must not eat fruit from the tree that is in the middle of the garden. You must not even touch it, or you will die.'"



2:20 Adam This is the name of the first man. It also means "humans," including men and women.

4 But the snake said to the woman,

"You will not die. 5 God knows that if you eat the fruit from that tree, you will learn about good and evil. Then you will be like God!"



6 The woman saw that the tree was beautiful. She saw that its fruit was good to eat and that it would make her wise. So she took some of its fruit and ate it. She also gave some of the fruit to her husband who was with her,



and he ate it.



7 Then, it was as if the man's and the woman's eyes were opened. They realized they were naked.



8 So they sewed fig leaves together and made something to cover themselves. 8 Then they heard the Lord God walking in the garden. This was during the cool part of the day. And the man and his wife hid from the Lord God among the trees in the garden. 9 But the Lord God called to the man. The Lord said,



10 The man answered,

"I heard you walking in the garden. I was afraid because I was naked. So I hid."



11 God said to the man,

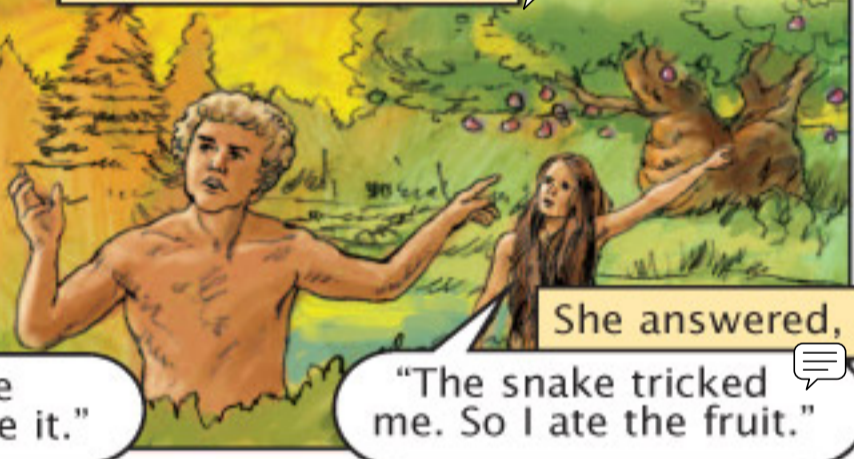
"Who told you that you were naked? Did you eat fruit from that tree? I commanded you not to eat from that tree."

12 The man said,

"You gave this woman to me. She gave me fruit from the tree. So I ate it."

13 Then the Lord God said to the woman,

"What have you done?"



She answered,

"The snake tricked me. So I ate the fruit."

14 The Lord God said to the snake,

"Because you did this, a curse will be put on you. You will be cursed more than any tame animal or wild animal. You will crawl on your stomach, and you will eat dust all the days of your life. 15 I will make you and the woman enemies to each other. Your descendants<sup>d</sup> and her descendants will be enemies. Her child will crush your head. And you will bite his heel."

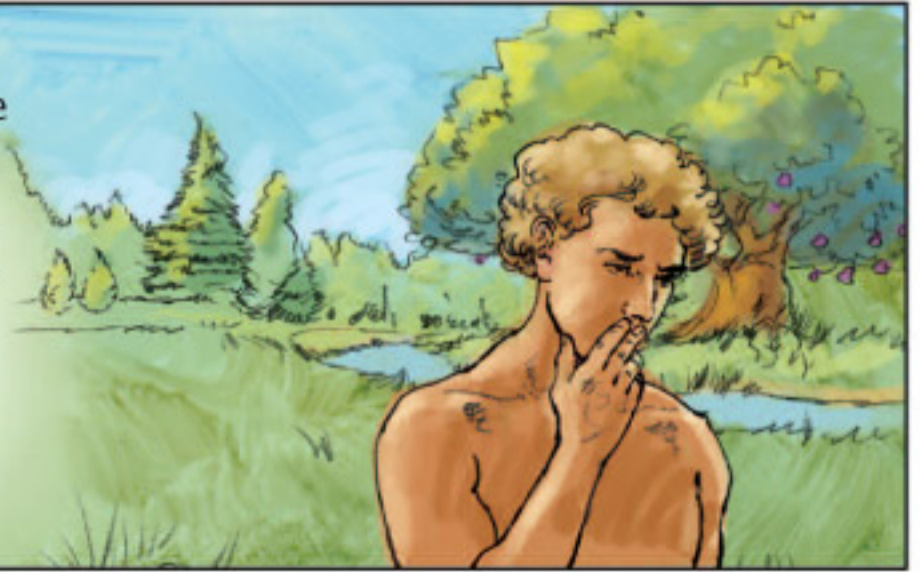


16 Then God said to the woman,

"I will cause you to have much trouble when you are pregnant. And when you give birth to children, you will have great pain. You will greatly desire your husband, but he will rule over you."

17 Then God said to the man,

"You listened to what your wife said. And you ate fruit from the tree that I commanded you not to eat from. So I will put a curse on the ground. You will have to work very hard for food. In pain you will eat its food all the days of your life. 18 The ground will produce thorns and weeds for you. And you will eat the plants of the field. 19 You will sweat and work hard for your food. Later you will return to the ground. This is because you were taken from the ground. You are dust. And when you die, you will return to the dust."



20 The man named his wife Eve." This is because she is the mother of everyone who ever lived.

21 The Lord God made clothes from animal skins for the man and his wife. And so the Lord dressed them.



22 Then the Lord God said,

"Look, the man has become like one of us. He knows good and evil. And now we must keep him from eating some of the fruit from the tree of life. If he does, he will live forever."



23 So the Lord God forced the man out of the garden of Eden. He had to work the ground he was taken from. 24 God forced the man out of the garden. Then God put angels on the east side of the garden. He also put a sword of fire there. It flashed around in every direction. This kept people from getting to the tree of life.



# Chapter 4

## The First Family

1 Adam had sexual relations with his wife Eve. She became pregnant and gave birth to Cain." Eve said,

"With the Lord's help, I have given birth to a man."



2 After that, Eve gave birth to Cain's brother Abel. Abel took care of sheep. Cain became a farmer.

3:20 Eve This name sounds like the Hebrew word meaning "alive."  
4:1 Cain This name sounds like the Hebrew word for "I have given birth."

3 Later, Cain brought a gift to God. He brought some food from the ground. 4 Abel brought the best parts of his best sheep. The Lord accepted Abel and his gift. 5 But God did not accept Cain and his gift. Cain became very angry and looked unhappy.



6 The Lord asked Cain,

"Why are you angry? Why do you look so unhappy? 7 If you do good, I will accept you. But if you do not do good, sin is ready to attack you. Sin wants you. But you must rule over it."

8 Cain said to his brother Abel,

"Let's go out into the field."

So Cain and Abel went into the field. Then Cain attacked his brother Abel and killed him.



9 Later, the Lord said to Cain,

"Where is your brother Abel?"

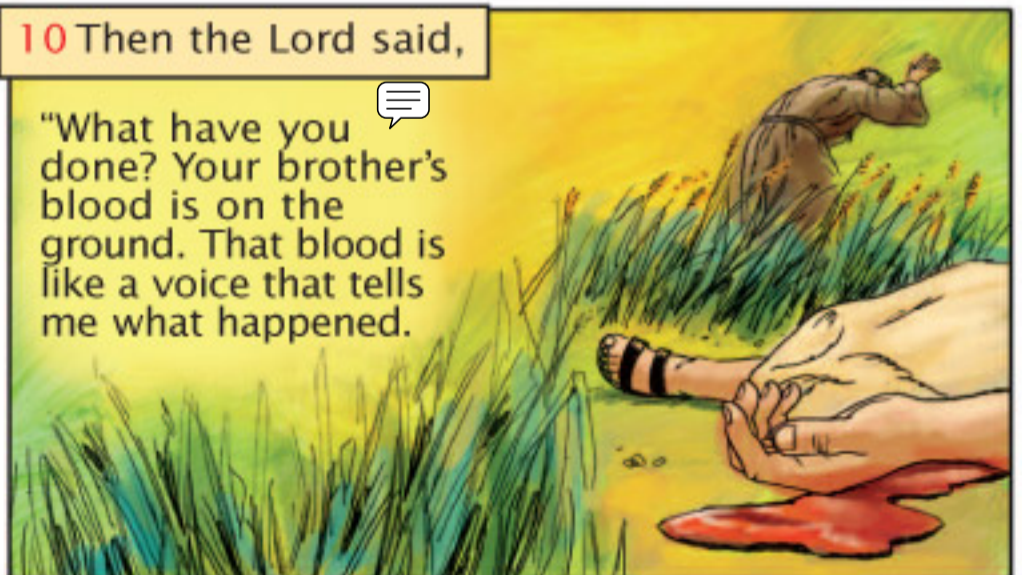
Cain answered,

"I don't know. Is it my job to take care of my brother?"



10 Then the Lord said,


"What have you done? Your brother's blood is on the ground. That blood is like a voice that tells me what happened."



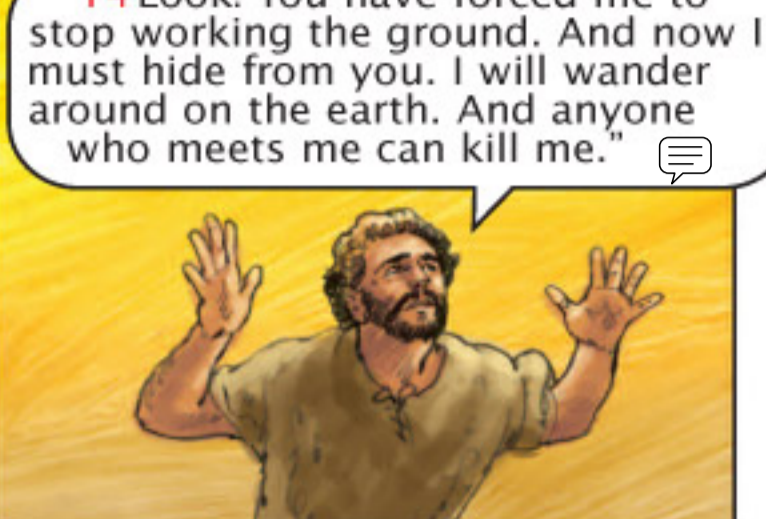
**11** "And now you will be cursed in your work with the ground. It is the same ground where your brother's blood fell. Your hands killed him."  
**12** You will work the ground. But it will not grow good crops for you anymore. You will wander around on the earth."

**13** Then Cain said to the Lord,

"This punishment is more than I can stand!"



**14** Look! You have forced me to stop working the ground. And now I must hide from you. I will wander around on the earth. And anyone who meets me can kill me."



**15** Then the Lord said to Cain,

"No! If anyone kills you, I will punish that person seven times more."

Then the Lord put a mark on Cain. It was a warning to anyone who met him not to kill him.

**Cain's Family**

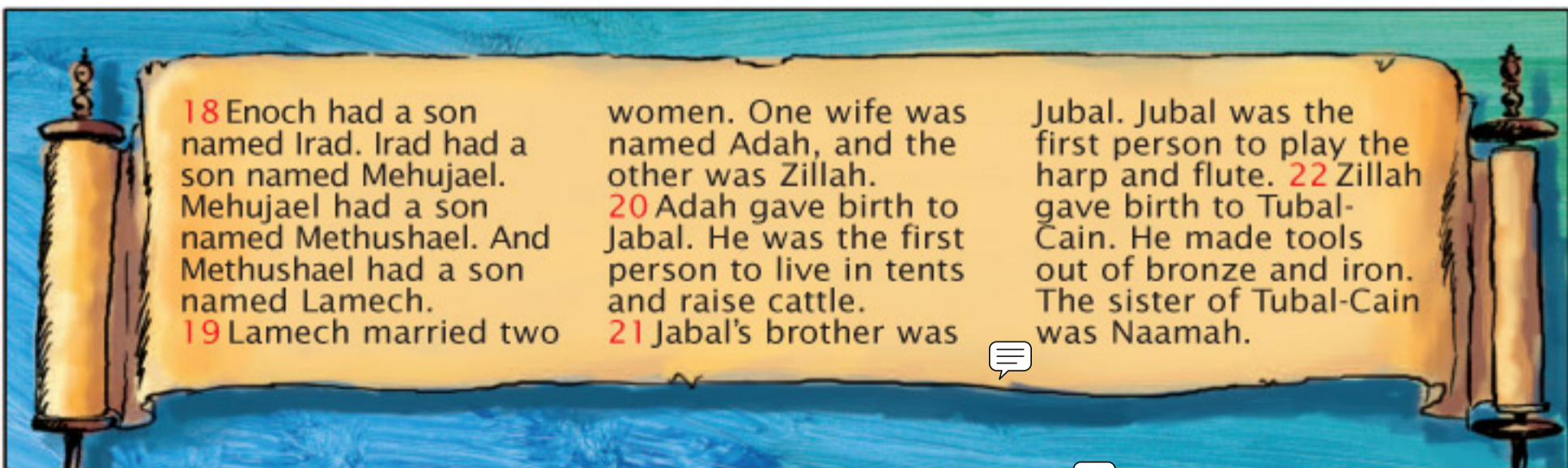
**16** Then Cain went away from the Lord. Cain lived in the land of Nod," east of Eden.



**17** Cain had sexual relations with his wife. She became pregnant and gave birth to Enoch. At that time Cain was building a city. He named it after his son Enoch.



**18** Enoch had a son named Irad. Irad had a son named Mehujael. Mehujael had a son named Methushael. And Methushael had a son named Lamech.  
**19** Lamech married two women. One wife was named Adah, and the other was Zillah.  
**20** Adah gave birth to Jabal. He was the first person to live in tents and raise cattle.  
**21** Jabal's brother was Jubal. Jubal was the first person to play the harp and flute.  
**22** Zillah gave birth to Tubal-Cain. He made tools out of bronze and iron. The sister of Tubal-Cain was Naamah.



4:16 Nod This name sounds like the Hebrew word for "wander."