

Adam was born about 4113 B.C.

Name	Born, A.H.	Died, A.H.	Verse in Genesis			
Adam	0	930	5:5			
Seth	130	1042	5:8			
Enosh	235	1140	5:11			
Cainan	325	1235	5:14			
Mahlalel	395	1290	5:17			
Jared	460	1422	5:20			
Enoch	622	987	5:23			
Methuselah	687	1656	5:27			
Lamech	874	1651	5:31			
Noah	1056	2006	9:29			
Shem	1558	2158	11:10-11			
Arpaxad	1658	2096	11:12-13			
Shelah	1693	2126	11:14-15			
Eber	1723	2187	11:16-17			
Peleg	1757	1996	11:18-19			
Reu	1787	2016	11:20-21			
Serug	1819	2049	11:22-23			
Nahor	1849	1997	11:24-25			
Terah	1878	2083	11:32			
Abraham	1948	2123	25:7			
Isaac	2048	2228	35:28			
Jacob	2108	2255	47:28			
Joseph	2199	2309	50:26			
*Exodus 12:40-41 and 1 Kings 6:1 fixes the Exodus at 1445 B.C.						
*Jacob was 130 years old when he went to Egypt (Genesis 47:28), in 2238 A.H.						
*430 years after Jacob going to Egypt was 2668 A.H.						
*2668 A.H. therefore equals 1445 B.C.						
*Adding 2668 to 1445, we get a birth date for Adam of 4113 B.C.						
*Adam was not created millions of years ago, but a little over 6,000 years ago.						
*Creation was done in six literal days (Genesis 1:5), so is only a few days older than that.						