

Cain and Abel

Overview

Materials You'll Need

- dinner-sized paper plates
- markers
- scissors
- construction paper
- glue
- hole punch
- yarn
- "The Anger Rules" pattern

**Scriptures**

Gen 4:1-16

Bible Truth Objective(s)

God knows everything, even what is in our hearts;
God doesn't want us to hurt anyone

Behavioral Objective(s)

To ask God to help us when we become angry by praying and talking to our parents; to share things with our brothers and sisters both at home and in Christ

Memory Verse

"Love one another." (2 Jn 5)

**Bible Knowledge****Offerings**

Abel's name means "breath" or "vapor." This is associated with the shortness of his life. Abel was the second son born of Adam and Eve. In the Bible, it is recorded that "by faith, Abel offered to God a more excellent sacrifice than Cain" (Heb 11:4). Some scholars believe that it was better because it was an animal sacrifice. After all, Abel was a shepherd

while Cain was a farmer. However, the book of Hebrews uses the word "faith" to describe Abel's offering, suggesting that it was his attitude that was better and more acceptable in the eyes of God, and not so much that Cain had offered fruits of the land instead of an animal. In any regard, Abel was killed by Cain out of jealousy. But it is important to note that Abel was not only famous for being the first one to be killed, but also the first one to worship God correctly.

**Understanding Your Students**

At this young age, it is very difficult for the children to describe their thoughts. It is hard for them to tell others when they are angry, sad or happy. Their thoughts usually manifest themselves in the form of something physical. If they are angry, they might hit someone. If they are sad, they will cry. If they are happy, they will giggle or give someone a spontaneous hug. In today's story, the feeling being explored is anger. While the students are not at a point where they will conspire to

hurt someone, it is common for them to ignore a friend when they are mad or even hit another out of anger. Therefore, it is important to talk about this issue with them. Rather than focusing on what not to do, we can use concrete examples and talk about what we can do when we are angry.

It is critical to let the students know that it is okay to be angry. Children are often told that they should not be angry and that is sending them a mixed message. They see adults or their own parents angry at times. God made us with feelings and it is inevitable that we will get mad sometimes. What the students need to learn is what to do with their feelings when they do get angry. The Life

Application story today offers some ideas.

Luckily, children at this age are also quick to forget their anger and make up with their friends or family, so we don't need to make it too complicated for them. There are just some simple rules to follow when they feel angry:

1. It is never okay to hurt someone (talk about what hurting means, i.e. hitting, spitting, kicking or throwing things).
2. It is always a good idea to talk about your feelings/anger with a grown-up.

3. Teach them strategies to learn to cope with anger, like counting to ten or kneeling down to pray.

It is never too early to learn how to manage our feelings, especially one like anger, which can lead to more serious sin when not kept in control.



Vocabulary

Worship

to pray to God

Offering

to give God something because we love Him

Accept

to take something given to you

Punishment

what happens to a person after he has done something wrong

Wander

to walk around without any place to go to



Before You Teach

Anger is always a difficult issue to deal with. Everyone feels angry sometimes. It is how we work out our anger that makes or breaks a person.

When anger goes uncontrolled, it leads to sin, like when Cain killed Abel because God rejected his offering. In fact, God gave Cain another chance but instead of reflecting upon his life and taking an honest look at himself, he let anger rule over him and he committed murder. The consequence for this murder was Cain had to be a wanderer for the rest of his life. While we may not be so angry as to hurt someone physically, we can do just as much damage with our words when we are mad at someone. We need to remember that our words can be like fire if

left unchecked. The damage they can do can not be reversed, like a fire that is burning out of control.

But anger does not have to lead to sin. The Bible has given us examples of what to do when we feel angry. It teaches us to not be angry for long (Eph 4:26). That means we should not hold grudges. We should deal with our anger right away by talking it out or praying to God about it and then letting it go. The Bible also says that righteous anger is a good thing. "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness" (Rom 1:18). When we see sin, we should feel enough indignation to correct that person. We should not make ourselves self-righteous, but rather, in love and support, help that person overcome their sin.



Bible Story

Adam and Eve Have Children

After Adam and Eve left the Garden of Eden, they were very sad. Now, they did not have animals to play with everyday. Now, they could not eat the delicious fruit from all the trees in the garden. Now, when they got hungry, they would have to go and find or plant their own food to eat. Adam

and Eve had to work very hard.

After some time, Adam and Eve had two sons. They were happy because they were their children. The first son was called Cain. After he grew up, he became a farmer. The second son was called Abel and when he was old enough, he took care of the sheep. Just like their mother and father, Cain and Abel worked hard every day, taking care of their crops and sheep. Even though they had to work hard, they were happy because they were together in one family.

Cain and Abel Worship God

Remember that Adam and Eve could not live in the Garden of Eden because they did not listen to God? But they did not forget about God. They even taught Cain and Abel who God was. One day, Cain and Abel wanted to worship God, to bring Him a gift and thank Him for taking care of them. During that time, there was no church, so the brothers probably worshiped God in the open fields.

Cain brought God some of the fruit of the ground. Abel offered to God some animals. God liked Abel's gift very much because he offered to God his best. But God did not like Cain's gift because Cain did not give God the best. What do you think happened next? Abel was glad God liked his offering. But Cain became very angry. He was mad that God did not like his gift. He became so angry that God had to talk with him.

Cain is Angry

God said to Cain, "Your heart is very angry. If you go and do good things, then I will accept you."

But Cain was still very angry. He was so mad that his heart was pounding fast and his head felt hot. God knew this and so He said to Cain again, "Why are you still so angry? If you stay mad, I can not accept you and your gift."

God said these things to Cain because He wanted to help Cain take away his anger. God knows it is not good to be angry for a long time. It can make people do things they don't want to do, like say mean things or even hurt someone. Have you ever been angry? What happened when you were angry? How did you feel? (Let students respond.) Well, after Cain heard these words from God, what do you think happened? Did he stop being angry? No, he became even more angry, so angry that he wanted to find a way to hurt his own brother, Abel.

Cain Kills Abel

One day, both Cain and Abel were out in the fields. When Cain saw his brother, he became very angry again. He couldn't stop thinking about how God did not like his gift and only liked Abel's. He felt his heart pounding faster and faster and his body getting hotter and hotter. He wanted to hurt Abel because he was so mad. And do you know what he did? He got up, hit his brother and killed him. Now, Abel was dead. He could not talk anymore. He could not laugh anymore. He could not

take care of the sheep anymore. His mother and father would not be able to see him again.

God Talks to Cain

Cain did not think anyone would find out that he killed his brother. But God knew. He knows everything.

God came to ask Cain, "Where is your brother, Abel?"

Cain was still a bit angry and he told God, "I don't know! It is not my job to look after him." But Cain knew where his brother was. He had just killed him. But he did not tell God the truth. He did not say he was sorry.

God said to Cain, "Cain, I know what you did to your brother. And you are not even sorry for hurting him. You will have to be punished for the terrible way you treated him."

Cain Becomes a Wanderer

God continued to say to Cain, "You are a farmer but because you killed your brother, you can not be a farmer anymore. You will have to leave My presence and wander the earth for the rest of your life."

Cain was very sad when he heard God's words. Now, he could not farm anymore and grow plants and fruit. He would have to walk and walk all his life, with no place to call home. Cain was also scared because he thought someone might want to hurt him if they found out he killed his brother. So God put a special mark on his forehead so that anyone who saw it would not hurt Cain. Even though Cain had done something very wrong, God still loved him enough to protect him. But Cain was still very sad because he could not be with his parents anymore and had no real home. But because he hurt his brother when he was angry, God left him and he had to wander by himself. God was not his friend anymore.

Control Our Anger

We learned from today's story that it is dangerous to be angry. Cain did something bad by killing his brother because he was mad. We all get mad sometimes, but we should not hurt people, with our bodies or with our words by saying mean things. We need to ask God to take away our anger and work out our feelings. We do not want to end up like Cain who had to leave his family and God.



Check For Understanding

1. **What were the names of Adam and Eve's children?** (Cain and Abel)
2. **What did Cain and Abel do to worship God?** (They gave Him special gifts.)
3. **Why did God like Abel's gift but not Cain's?** (Abel gave God his best but Cain did not.)
4. **What does it mean to give our best?** (Try our hardest; let students answer.)

5. **How did Cain feel after God did not accept his gift?** (He got very angry.)
6. **What did Cain do to his brother when he was angry?** (He killed him in the field.)
7. **Was Cain sorry for what he did?** (No, he wasn't and did not tell God the truth when God asked him where his brother was.)
8. **What did God do to Cain for killing his brother?** (He had to wander the earth for the rest of his life.)
9. **What are some things we can do when we become angry?** (Let students respond.)



Life Application Story

The Drawing

One afternoon, after Cathy Hayes had finished all of her first grade homework, she sat down at the kitchen table and drew a picture. She drew a picture of her family and she was very proud of it. It had her mom, dad and her little sister in it. She showed it to her mom, Mrs. Hayes, who was preparing dinner. She told her it was one of the best pictures she had ever drawn. She encouraged her to color it. Cathy thought it was a good idea. She put the paper down on the table and went to her room to get her markers. After she left, her little sister Rachel walked into the kitchen.

Rachel asked her mom, "Is dinner ready yet?"

Mrs. Hayes replied, "Soon. Why don't you draw a picture like your sister while you are waiting?"

Rachel wandered over to the table and saw her sister's drawing. It really did look beautiful. She decided she wanted to draw one like it too. She grabbed a blank piece of paper and began to draw. Her sister Cathy returned with her markers and saw that her sister was looking at her picture.

"Can I have my picture back? I need to color it still."

"I need to look at it to draw my picture," said

Rachel. She grabbed the picture and held onto it tightly.

Cathy said in a louder voice, "Give it back to me, now!"

"You can't make me," said Rachel.

Mrs. Hayes could hear their argument. She popped her head in and asked them to stop. But by then, Cathy had reached over and grabbed the paper from her sister. She tugged at it so hard that the paper ripped into two and was all wrinkled up. Rachel let out a gasp and Cathy screamed as loud as she could.

"You ripped my drawing! I worked all afternoon on it!" wailed Cathy. Then she glared at her sister. She threw the paper onto the floor in anger and went over to her sister and pushed her. Rachel lost her balance and fell off her chair. She landed on the floor with a thud and began to cry.

Mrs. Hayes immediately said, "Cathy, you need to go to your room now and calm down. I will come and talk with you in a few minutes." Cathy stormed off to her room. Mrs. Hayes went to comfort Rachel and after she felt better, Mrs. Hayes went to Cathy's room.

"Cathy, do you know what you did wrong?" asked Mrs. Hayes.

"I pushed my sister," said Cathy, angrily.

"Yes, and you still sound mad to me. I know Rachel wrecked your drawing and that was wrong of her. But it is also wrong for you to hurt her. What if she had landed on her head or another

part of her body? If she doesn't listen to you, you know you can always come to me and I can help," said Mrs. Hayes.

"But she ruined my work. I just got so angry," said Cathy.

"I know. People get angry sometimes. But it is never okay to hit someone or hurt someone because you are angry. Your sister could have been really hurt and we might have had to take her to the hospital," explained Mrs. Hayes.

Cathy hadn't thought about that. She didn't want Rachel to be hurt. She just wanted her to know she was angry.

"I'm sorry, Mom," whispered Cathy.

"You know, Rachel is sorry too and she is waiting to apologize to you. Let's go out and talk about what we can do next time we get angry," said Mrs. Hayes.



Activity 1

Cain and Abel

Look at the two pictures. Who is Cain (farmer) and who is Abel (shepherd)? Write their names under each picture.

What Happened in the Story?

Look at the pictures. Which picture happened first? Put the number 1 in the box. Which picture happened next? Put the number 2 in the box. Which is the last picture? Put the number 3.



Activity 2

When we are angry...

Read aloud the sentences. Put a check next to the things that we can do when we are angry. Put an "x" next to the ones that we should not do when we are angry.

1. We should hit someone to tell them we are angry.
2. We can go to our room and calm down.
3. We can talk to a grown-up.
4. We should throw a toy across the room.
5. We can pray to God.
6. We can say mean things.

Questions to Think About

1. **Why did Cathy get so angry?** (Her sister ripped her paper.)
2. **What did Cathy do out of anger?** (Pushed her sister, and she fell.)
3. **Was Cathy sorry for what she did?** (Not right away, she was only sorry at the end when she had calmed down.)
4. **Why is it wrong to hit or hurt someone when we are angry?** (The other person could get really hurt, i.e. break something, the other person could become sad, not be our friend any more, God doesn't want us to hurt another person.)
5. **What can we do next time we are angry?** (Talk to a grown-up, pray to God about it, count to ten, tell the other person you are angry without hurting them.)

Encourage the students not to hurt anyone in any way when they are angry but to learn to calm down and talk it through.



Activity 3

The Anger Rules

Materials:

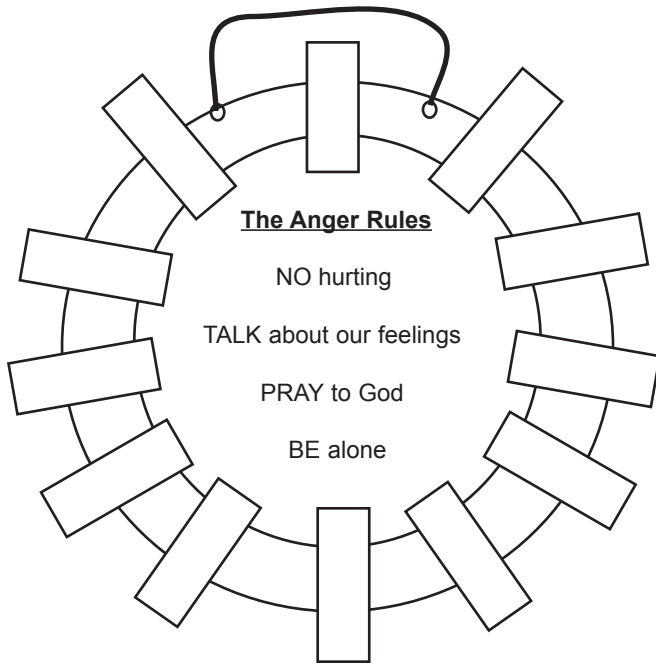
1. dinner-sized paper plates
2. markers
3. scissors
4. construction paper
5. glue
6. hole punch
7. yarn
8. "The Anger Rules" pattern

Directions:

1. Photocopy "The Anger Rules" pattern for each student.
2. The children can color the pattern.
3. Cut the circle out and glue it onto the middle of a paper plate.
4. Cut out short strips of different colored construction paper and have students glue them along the edge of the paper plate, so it looks like the sun with rays.
5. Punch two holes near the top of the paper

plate and string a piece of yarn through the holes and tie off.

6. Encourage the students to obey God by hanging the "Anger Rules" somewhere in the house to remind them of what to do the next time they are angry. Remember to talk about what it means to not hurt (i.e. no hitting, kicking, yelling, pushing).



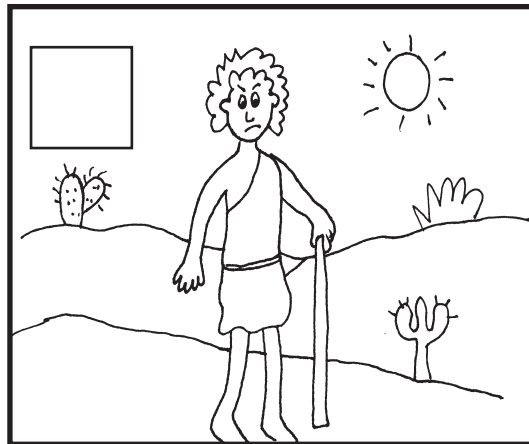
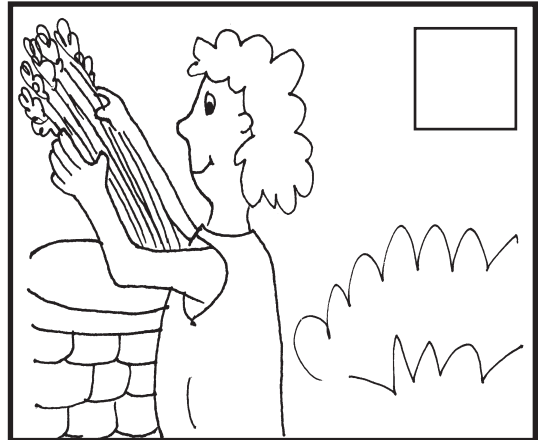
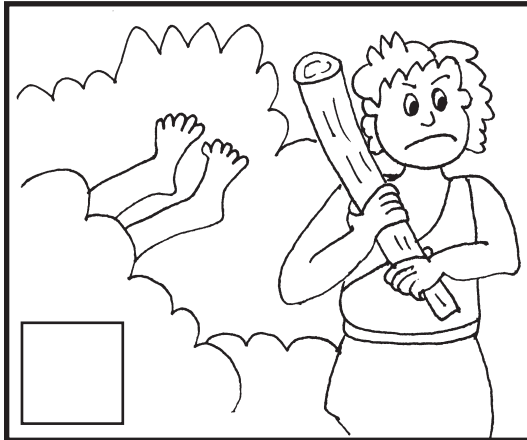
Activity 4:1

Who is Cain and Who is Abel?




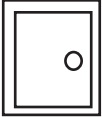






What Happened in the Story?



Activity 4:2

When we are angry...

- We should hit someone. 
- We can go to our room and calm down. 
- We can talk to a grown-up. 
- We should throw a toy across the room. 
- We can pray to God. 
- We can say mean things. 

Activity 4:3

The Anger Rules

NO hurting

TALK about our feelings

PRAY to God

BE alone