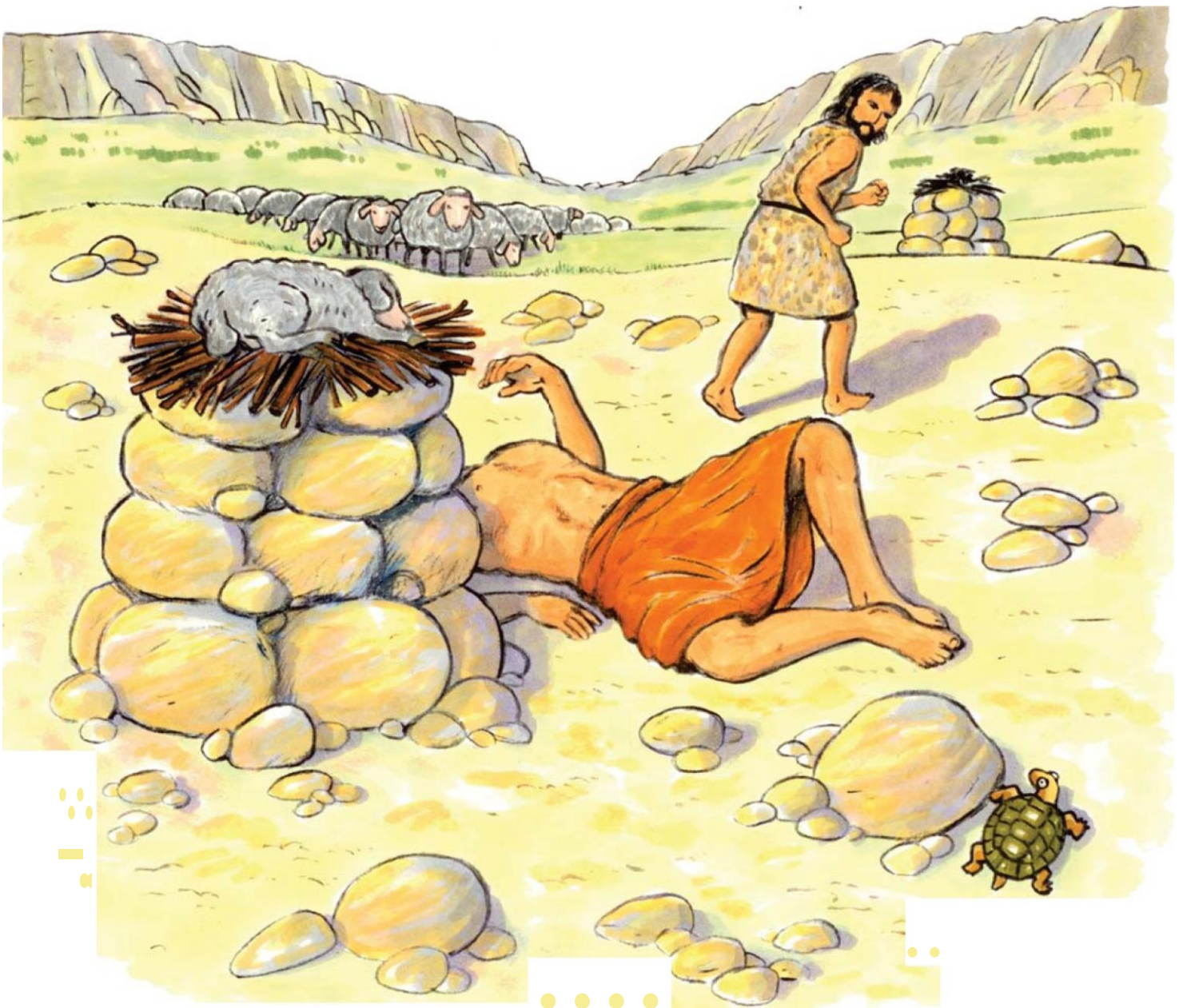


# CAIN AND ABEL

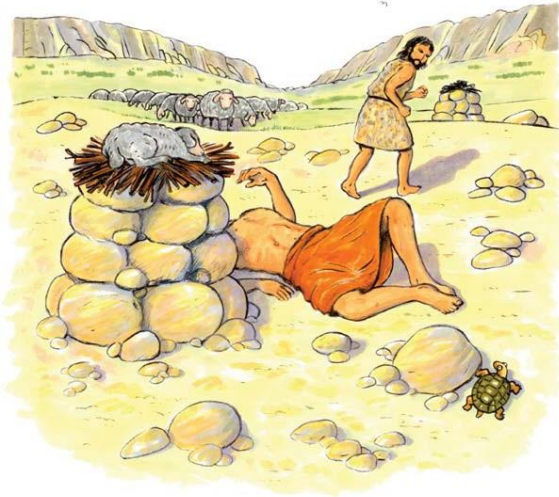
Genesis 4:1-16



# Contents

Message	God helps us resist sin and overcome temptation.
Learning Objectives	The children will learn: <ul style="list-style-type: none"><li>■ God tried to help Cain before he sinned.</li><li>■ We should not give in to jealousy or anger.</li></ul>
Bible Text	Genesis 4:1-16

## Cain and Abel



Suddenly, Cain heard the voice of God, "Be careful, Cain. Sin lies at your heart's door. Do not give in to it "

Cain talked with Abel when they were in the field. Suddenly, Cain became angry and killed his brother.

God asked Cain, "Where is your brother?"

Cain said to God, "I do not know. Am I my brother's keeper?"

God said to Cain, "What have you done? Your brother's blood cries out to Me from the ground. So now you are cursed. When you till the ground, it will no longer yield a harvest. And you will no longer have a home."

Adam and Eve had two sons. The older son was called Cain. The younger was called Abel. Cain became a farmer and Abel became a shepherd.

One day Cain brought an offering of the fruits of the ground to God. Abel also brought an offering to God, the firstborn animal of his flock. God respected Abel and his offering but not Cain and his offering. Cain became very angry.

### Suggestions for the Teacher

#### Lead-In

Show the picture to the children. Discuss with them what they see. Ask what she/he may feel ...

Let some of the children play the story in a role-play. Instruct them before.

Provide disguise / fancy dress and additional materials like fruits, a stuffed animal...

#### Lesson Instructions

Begin telling the story...

Discuss with the children...

- How does Cain feel about his brother? (He is jealous.)
- How does God try to help Cain before he gives into his anger? (He warns him.)
- Talk about quarrels you had. (Jealousy, hate, irritations with one another)

Have the children repeat...

- God tried to help Cain before he sinned.
- We should not give in to jealousy or anger.

Real-Life Application (explain the following)

- Everybody makes mistakes and sins.
- God will always warn us of sin.
- Give an example of a situation when you resisted sin.
- God helps us to overcome if we ask Him to do so.
- Jesus died for our sins.
- How do we get forgiveness of our sins? (Our sins are forgiven in every divine service.)

**Repeat the Message**

**God helps us resist sin and overcome temptation.**