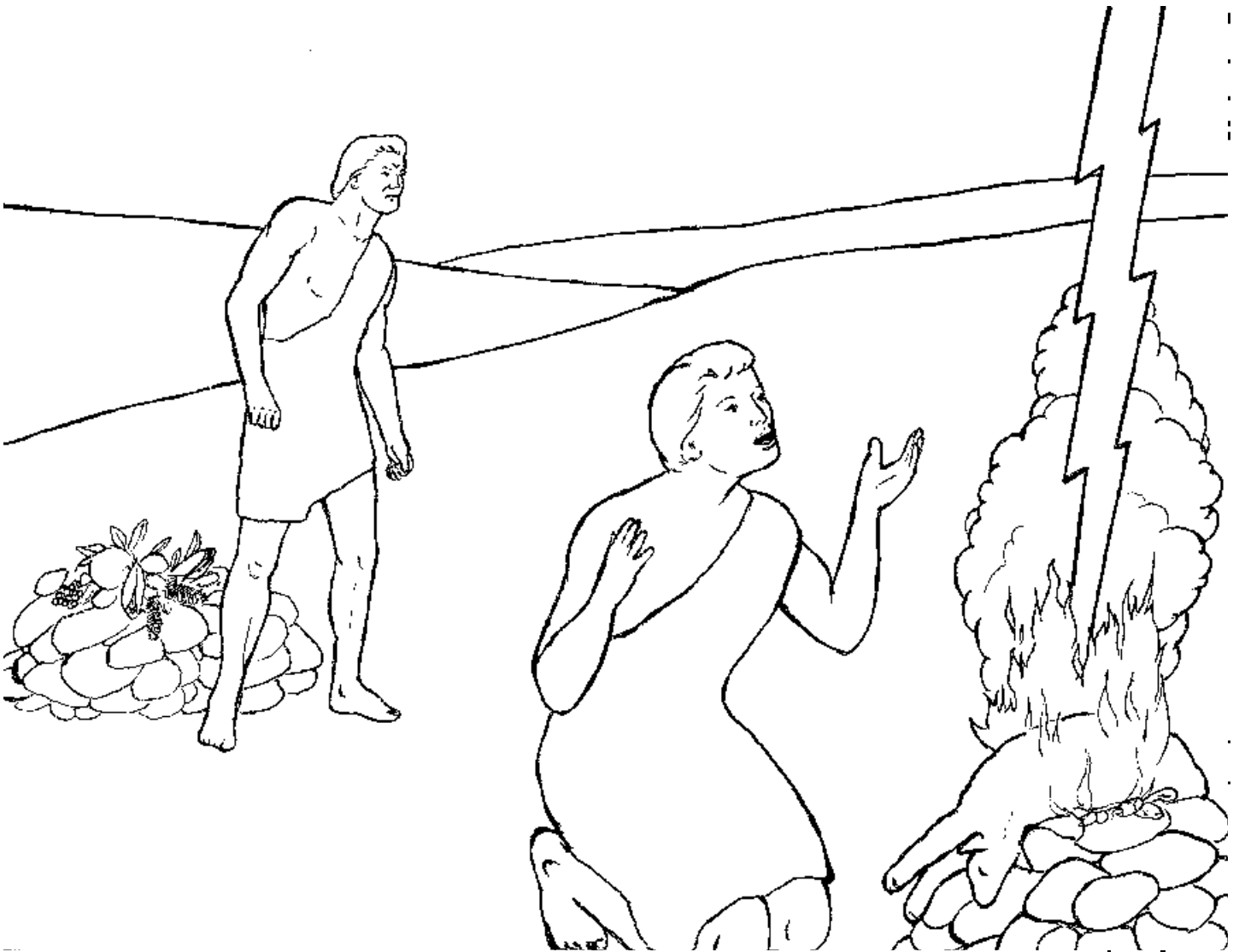


# Cain & Abel

Genesis 4:1-16, 25-26



## The Story

Adam and Eve could no longer live in the Garden of Eden after they had disobeyed God, but God still watched over them and blessed them. He gave them many children. Two sons were Cain and Abel. When they grew up, Cain became a farmer and Abel became a shepherd.

One day Cain and Abel brought offerings to God. Cain brought some of the fruits and vegetables that he had grown. Abel brought a young lamb from his flock.

God was pleased with Abel's offering because Abel loved God and had faith in the promised Savior. God was not pleased with Cain's offering because it had not been given out of love for God. Cain knew that God had not accepted his offering and this made him angry at Abel. He began to hate his brother.

Then God came to Cain and warned him that the hatred in his heart was a sin and could lead to other sins. Cain didn't listen to God. He was so filled with hatred and jealousy that he went and killed Abel.

God gave Cain a chance to confess his sin. He asked Cain, "Where is your brother Abel?"

Then Cain lied to God and said, "I don't know. Do I have to take care of my brother?"

Of course God knew what Cain had done. We can not lie to God. He knows everything. He even knew about the feelings of hate in Cain's heart. God told Cain that he would be punished because he had killed Abel, his brother. Cain would no longer be able to grow anything in his garden. He would have to wander from place to place the rest of his life.

Cain said, "This punishment is too great for me. Someone will kill me." God put a special mark on Cain so that no one would kill him.

God blessed Adam and Eve with another son. His name was Seth. Seth loved God and trusted in the promise of the Savior.

***Cain murdered  
his brother Abel.***



***Sin begins in the heart  
but righteousness  
begins with Christ.***

**Activity One** - Recalling the Story. Number these sentences in the order in which they happened.

- \_\_\_\_\_ Cain killed Abel.
- \_\_\_\_\_ Cain's heart was filled with hatred toward Abel.
- \_\_\_\_\_ Cain was jealous because Abel's offering was accepted by God.
- \_\_\_\_\_ Cain and Abel brought offerings to God.
- \_\_\_\_\_ Cain lied when God asked about Abel.
- \_\_\_\_\_ Cain did not feel sorry for his sin.

**Activity Two** - Something to Talk About.

We all have to fight against the sinful feelings that we have in our hearts. God warns us just as He warned Cain that these feelings can lead to other sins. Check the statements that are true for you.

I get angry when...

- \_\_\_\_\_ someone makes fun of me.
- \_\_\_\_\_ my mom and dad don't let me do something that I want to do.
- \_\_\_\_\_ my friend gets something that I want.
- \_\_\_\_\_ I get a bad grade in school work.
- \_\_\_\_\_ I get punished for doing something that wasn't my fault.

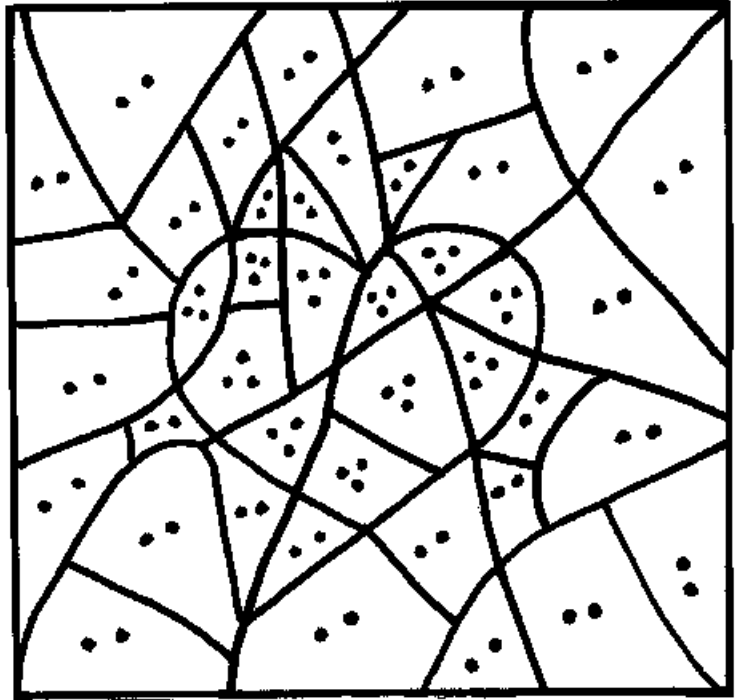
Talk about how Jesus can help you to handle these feelings so that they don't lead to other sins.

### Activity Three

- Find out where all sins begin.

Color the areas with 3 dots red.

Color the areas with 2 dots yellow.



### Passage

1 Samuel 16:7b - "Man looks at the outward appearance, but the LORD looks at the heart."

### Hymn

- TLH 653 v. 2

Jesus, Savior, wash away  
All that has been wrong today;  
Help me ev'ry day to be  
Good and gentle, more like Thee.

What do we mean when we ask Jesus to wash away our sins?

What does *gentle* mean?

Who is the only one that can help us get rid of the sinful thoughts that come into our hearts?

### Prayer

Dear Lord Jesus, help us to love others as You love us. Forgive us for being mean and hateful in our words and actions. Thank You for dying on the cross to pay for our sins. Give us hearts that love and trust You as Abel did. Amen.