

## Genesis Lesson 3: Cain and Abel

### Older Kids' Bible Study Lesson

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**Mandatory Items:** Please do not omit these first four items, although you can change them to suit your taste/style, etc., as long as you read from God's Word during your lesson.

#### Lesson from God's Word:

Kids will get in groups of 2 or 3 to explore the Bible passage.

Materials: Bibles, copies of the passage on paper, highlighters, post it note flags/stickers

Say: Today we are going to study the very first murder. Who knows which two men were involved? (Cain and Abel). We are going to get into groups and each group is going to study the Bible passage in Genesis chapter 4.

(Have kids open their Bibles to Genesis chapter 4:2b-16. They should read the passage together and while they are reading, they should use the highlighters to highlight important things and use the flags to point out feelings in the story, God's feelings and Cain and Abel's feelings. Feelings would include: anger, jealousy, pleased, anguish, sadness, mercy. They can mark the paper, instead of their Bibles if they'd rather do that or they don't want to mark up their Bibles. )

Give the groups time to work and urge them to stay on task. When all the groups are done, ask: What did you guys think were the important parts of the account of Cain and Abel?

Where do we see the feelings of:

\* anger? (God is angry at Cain, Cain is angry at God and Abel)

Ask: What difference would it have made if Cain took responsibility and was angry with himself for bring a bad offering? Say: Cain was not really trying to please God, he was just going through the motions and when his brother, Abel's sacrifice was accepted and his wasn't, he did not take responsibility for his own actions.

\*jealousy? (Cain was jealous of Abel) Ask: Have you ever made an excuse for yourself when you didn't serve God like you should have? Have you ever been jealous of someone who was serving God like they should? How did that turn out for you?

\*pleased ? (God was pleased with Abel's offering) Ask: Why do you think God accepted Abel's offering, but not Cain's? (Abel brought the best of what he had and Cain did not. Abel brought the best of what he had and gave it to God, Cain did not.

\*anguish? (Cain felt it when God gave him a punishment.) Say: God doesn't punish is for no reason. He punishes us to teach us. Ask: Do you think Cain learned from his punishment? (It doesn't appear that he did, because Cain never repented.) Say: Cain was sorry he was punished, but not sorry that he killed his brother.

\*Mercy? (God showed mercy to Cain when He put a mark on Cain's forehead to protect him.)

Ask kids if they have any other thoughts to share.

Say: With Cain and Abel, two lives were ruined and that's what happens if we allow sin to control us, as Cain did. God warned Cain that "sin was crouching at the door," but Cain just kept on being jealous and angry. After he killed his brother, he had to leave his home and wander the earth forever. Giving into sin will always bring destruction!

### **Connection to Christ & Gospel Presentation:**

God was merciful to Cain and put a mark on him so that others would not kill him. When we sin, it brings us a consequence, but God in His mercy will always forgive us and show us love anyway. The best way He has done this is by sending His Son, Jesus to earth to die on a cross to pay the price for our sin. Cain sinned, but never showed any remorse or repented. We can learn from him and repent from our sin, be forgiven and have a relationship with God. We can do that today, if we're ready.

God, I thank You for Your mercy and Your grace. I thank You for loving me, even though I've messed up. I thank You for sending Your Son, Jesus to die for my sin and I ask You to forgive my sin and take it completely away. God, help me live for You all the days of my life. Thank You Lord for all You've done for me and especially for saving me. Amen

**Memory Verse:** If you do what is right, won't you be accepted? But if you do not do what is right, sin is crouching at the door. Its desire is for you, but you must rule over it."  
Genesis 4:7

## **Optional/Extra Ideas:**

### **Game:** Don't explode!

Materials: vinegar and baking soda, a dropper, a small cup (like a little medicine cup) for each kids, a set of "situation" cards and a set of "Your response" cards, one game die, a tsp.

Directions: Before play, set the situation cards in a central location in one pile and the "Your response card" in another pile. Give each kid a small medicine cup with about a tsp. of baking soda in it.

To play: Allow the kids to take turns choosing a situation card. They should read it out loud (or have someone else read it for them), then they choose a "Your response" card. If they had a good, non sinful response they do nothing and the play passes to the next child, but if they had a sinful response they should roll the die. Whatever number they get is the amount of drops of vinegar they must drop into their cup. If their cup overflows or "explodes" they are out of the game. If not, they are still in and they get a new cup with new baking soda\* and the play passes to the next player.

\*I don't think the baking soda will react a second time to the vinegar, so a new cup would work best.

### **Prayer time:**

Ask the kids to think of a sin they are struggling with. Are they angry at someone and they keep getting angrier? Are they thinking about taking something that doesn't belong to them? Whatever it is, have them think of it and then pray together asking the Lord to take the bad feelings away and ask God to keep them from giving into the feelings and choosing to sin.

**Paper Activities:** M.R.B.C. Children's Department News