

Genesis Lesson 3: Cain and Abel

Younger Kids' Bible Study Lesson

Older Kids

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:

Materials: a box wrapped up prettily and a beat up box with rips and holes in it, Bibles, vinegar, baking soda a clear glass or jar and a dropper

Say: Imagine, you are going to see someone very important and you are going to bring them a gift to show them just how important they are to you. Which gift do you think you would give to them? (Show the two gifts) This one or this one?

We are going to read about Cain and Abel today. They were two brothers, both sons of Adam and Eve. Cain was a farmer and Abel was a shepherd. They both gave God an offering. Let's read about it, shall we?

Read: Genesis 4:2b-5

When we give an offering to God, we should always give the best we have. Cain gave some of the produce he had grown and Abel gave some of the firstborn sheep from his flock. God was happy with Abel's offering, but not Cain's. We are not told why exactly, but we can guess it was because Cain did not give the best he had and Abel did, or maybe Cain didn't have the right attitude when he gave his gift and Abel did. For whatever reason, God was pleased with Abel, but not with Cain. Let's see how Cain reacted.

Read: Genesis 4:6-7

Ask: How did Cain react? (He was angry!) He made a bad choice and he was angry at God and at Abel, but not at himself. Have you ever made a bad choice and then gotten mad at someone who made a good one?

Say: God warned Cain about his feelings (v.7) but Cain didn't listen.

Read: Genesis 4:8-10

Cain let his bad feelings continue and he got angrier and more jealous until he was angry and jealous enough to kill his own brother.

(Get the baking soda, vinegar and jar or cup out) Put the baking soda in the jar or cup and say: When we start getting angry or jealous, it may be just a little flair up (drop a tiny bit of the vinegar in the baking soda). If we don't give into acting on those feelings, then they will fade out and go away, but if we build on those feelings and allow ourselves to get more and more angry or more and more jealous, then our feelings can explode and someone will get hurt from our sinful reaction (pour all of the vinegar into the jar).

Feeling our emotions is not a sin, but acting on them in a way that hurts others or dishonors God is a sin. Cain was angry and he could have chosen to calm down or to focus on himself and doing the right thing. Instead, he let his bad feelings build and build until he chose to kill his own brother.

Whenever we sin, there will be consequences—for us and for other people. There were definitely consequences for Abel, because he died and there were consequences for Cain too. Let's read what happened to him.

Read: Genesis 4:11-16

Ask: What were the consequences that Cain received? (He had to wander the earth for the rest of his life and no matter how much he worked, he would never be able to grow anything again. But, worst of all was that he could no longer be in the presence of the Lord.)

Connection to Christ & Gospel Presentation:

Sin will always separate us from God. In fact, everyone is born separated from Him because of sin in our hearts, but it doesn't have to stay that way for us, because Jesus came to die on the cross to pay the price for our sin and we can ask Him to take it completely away. All we have to do is ask and we will be forgiven and get to be with God forever. We ask by praying. If you're ready to ask Jesus to be your Savior, you can do it today.

Dear Jesus, thank You for dying on the cross for my sins. I am so sorry for all the bad things I have done. Please forgive me and make me Your child. Thank You for forgiving me and for being my Savior and my Lord. 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.” Genesis 4:7

Use motions to learn the verse

When you say:

Then you do:

“If you do what is right”

Smile and nod

“Won't you be accepted?”

Give yourself a hug

“But if you don't do what's right”

Frown and shake your head

“sin is crouching at the door.”

Crouch down

Genesis 4:7

Jump up

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 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.

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.

Activity:

Materials: Drawing paper and drawing supplies

Explain that sometimes it is hard to give our best to God and maybe we don't like to do that. Maybe Cain just did not want to give his best to God, he wanted to keep it to himself. Ask the kids to think of their favorite thing in the world. Ask them to draw a picture of them giving that thing to God and then have them take the home as a reminder that we should be willing to give our best to God.

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