

Old Testament

Mission Arlington ◦ Mission Metroplex Curriculum ◦ 2011

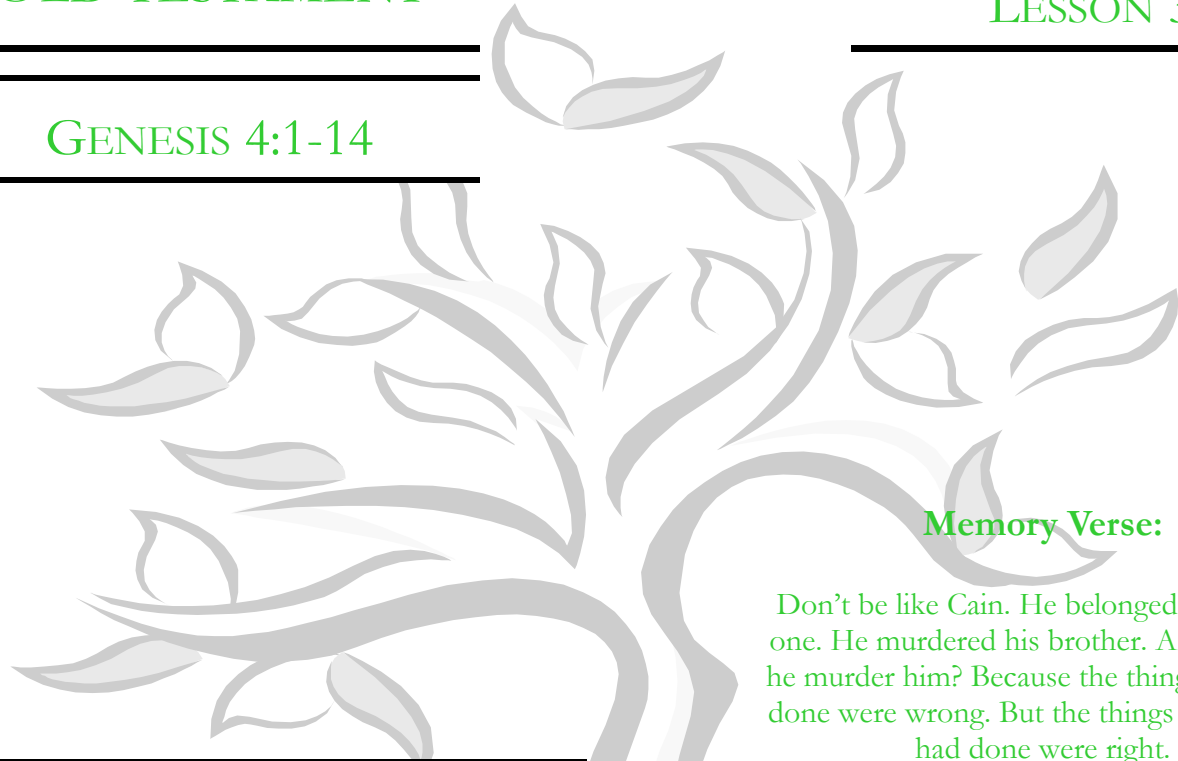
One Year Plan



GOD'S WORD

Created for use with young, unchurched learners Adaptable for all ages.

GENESIS 4:1-14



Memory Verse:

Don't be like Cain. He belonged to the evil one. He murdered his brother. And why did he murder him? Because the things Cain had done were wrong. But the things his brother had done were right.
(1 John 3:12 NIV)

CAIN AND ABEL

Lesson Goals

1. Understand that Cain sinned.
2. Understand that Abel gave God his best.
3. Recognize that Cain did not repent.
4. Learn that there are consequences for sin.

Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus to die for our sin.
3. Ask God to help you ask for forgiveness when you sin.
4. Pray for friends and family members who need God's forgiveness.

GOD'S WORD

Cain and Abel

Read Genesis 4:1-14 (Hold your Bible throughout the story.)

Do You Know Jesus?

Cain's sin separated him from God. (It tore apart their friendship.) What about you? Do you have a friendship with God? Tell God you are sorry for what you have done. Ask God to forgive you. Ask Him to help you change. God loves us so much that He had a plan to help us. He sent His Son to take our sin away. (John 3:16) If you would like to know more, talk to your teacher.

Application

Cain and Abel brought gifts to God. But Abel did right and offered his best. Cain sinned against God by killing his brother. God asked Cain about his sin, but Cain did not repent. God punished Cain and he became a wanderer. When we do wrong, God wants us to confess our sins. He will forgive us. (I John 1:9)

Begin With Prayer

Last week we learned how Adam and Eve disobeyed God. Sin entered the world because of their disobedience. God took them out of the garden. But God sent Jesus to save us from sin.

Do you say you are sorry when you do wrong? Do you ask for forgiveness? In today's story Cain gets jealous. He sins against God with his thoughts, actions, words, and attitude.

Adam and Eve had two children. Cain was the first son and Abel was the second son. Cain was a farmer. He worked in the garden. Abel was a shepherd. (Genesis 4:1-2)

One day both brothers brought special gifts to God. Cain brought some of the vegetables to God as a gift. Abel brought the best part of the best sheep as a gift to God.

God looked down and was happy with Abel and his gift. But God was not happy with Cain's gift. So Cain got very angry and he began to frown. (Genesis 4:3-5)

Why do you think God was not pleased with Cain's gift? He brought something that didn't show God how grateful he was to God. It was a gift that was not his best. God wasn't pleased with Cain's gift, either.

Then God said to Cain, "Why are you angry? Why are you looking so sad? Do what is right... don't do wrong." (Genesis 4:6-7)

Now Cain had an evil plan. (He sinned with his thoughts.) He asked his brother to go into the field with him. While they were in the field, Cain attacked his brother Abel and killed him. He quickly buried Abel in the dirt. (Genesis 4:8). (He sinned with his actions.) The Bible tells us that it is wrong to kill someone. (Exodus 20:13) Cain not only killed his brother, he tried to hide his sin by burying Abel in the dirt. Cain did not repent of his sin. God wants us to confess our sin and ask Him for forgiveness when we sin. (I John 1:9)

Suddenly God said to Cain, "Cain, where is your brother Abel?" Cain answered in a way that did not show respect. He said, "I don't know. Am I supposed to keep track of where he is all the time?" (Genesis 4:9) The way Cain responded to God was disrespectful. It showed that he was not sorry for his sin. (He sinned with his words and with his attitude.)

Then God said, "What have you done? Listen! Your brother's blood cries out to me from the ground. You will be punished for this. No longer will the ground produce vegetables for you. You will be a wanderer—traveling from place to place." This was a consequence for his sin.

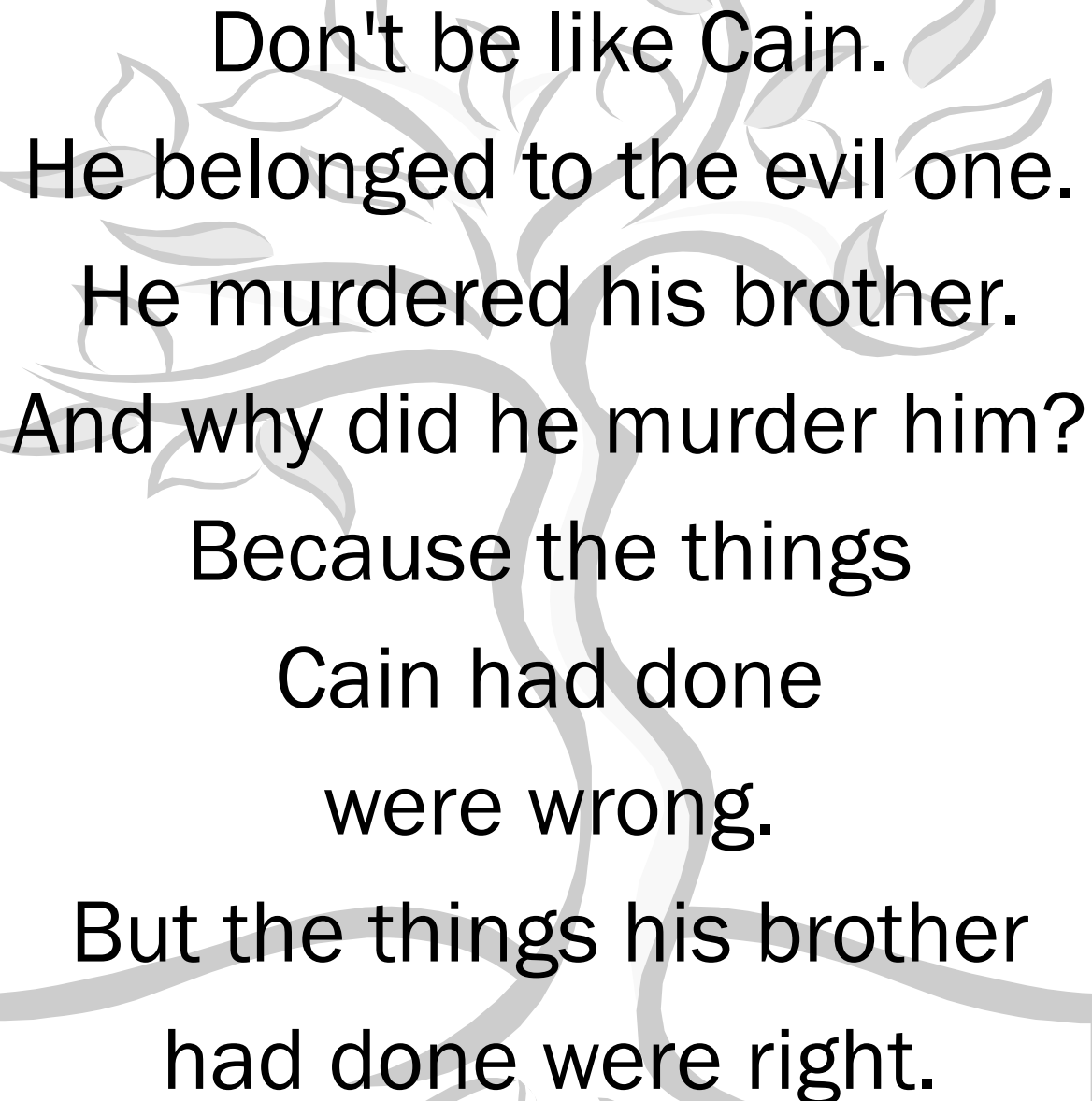
Cain spoke up, "God, my punishment is too much. Someone will surely kill me." (Again, we see that Cain is not sorry for his sin.) God then told him that He would put a mark on him so that no one would hurt him. (Genesis 4:11-14) Cain left the area and lived east of the beautiful garden of Eden. The Bible does not tell us if Cain ever asked God to forgive him for the sin he had committed. But, there were consequences for Cain's sin. God wants us to ask for forgiveness when we sin. He promises to forgive us. (I John 1:9)

Review Questions

1. **What did Cain do?** (Cain gave an offering to God.)
2. **What did Abel do?** (Abel offered God his best.)
3. **What did Cain do next?** (Cain killed Abel.)
4. **What did God do?** (God punished Cain and made him a wanderer and told him the ground would not produce for him.)

Next Week: Noah; Genesis 6-9

Memory Verse



Don't be like Cain.
He belonged to the evil one.
He murdered his brother.
And why did he murder him?
Because the things
Cain had done
were wrong.
But the things his brother
had done were right.

1 John 3:12

Preschool Lesson

Cain and Abel

Read Genesis 4:1-14 (Hold your Bible throughout the story.)

Memory verse for younger children:

The things Cain had done were wrong. (1 John 3:12)

Teacher: Make a booklet of how to deal with anger. Draw, write, talk, walk, run, exercise, paint and play. If you have access to a counselor or school counselor, talk to them ahead of time or invite them to class.

Begin With Prayer

Adam and Eve had two children. Cain was the first son and Abel was the second son. Cain was a farmer. He worked in the garden. Can you think of some vegetables that he must have planted? Abel was a shepherd. He took care of the sheep. What kind of sound does a sheep make?

One day both brothers brought special gifts to God. Cain brought some of the vegetables to God as a gift. Abel brought the best part of the best sheep as a gift to God. He gave his best to God.

God looked down and was happy with Abel and his gift. But God was not happy with Cain's gift. So Cain got very angry and he began to frown.

God was sad because Cain gave a gift that was not the best. How would you feel if someone gave you a broken toy as a gift? Would you be happy or sad? God was not happy with Cain's gift, either.

Then God said to Cain, "Why are you angry? Why are you frowning? Cain, do what is right; please don't do wrong."

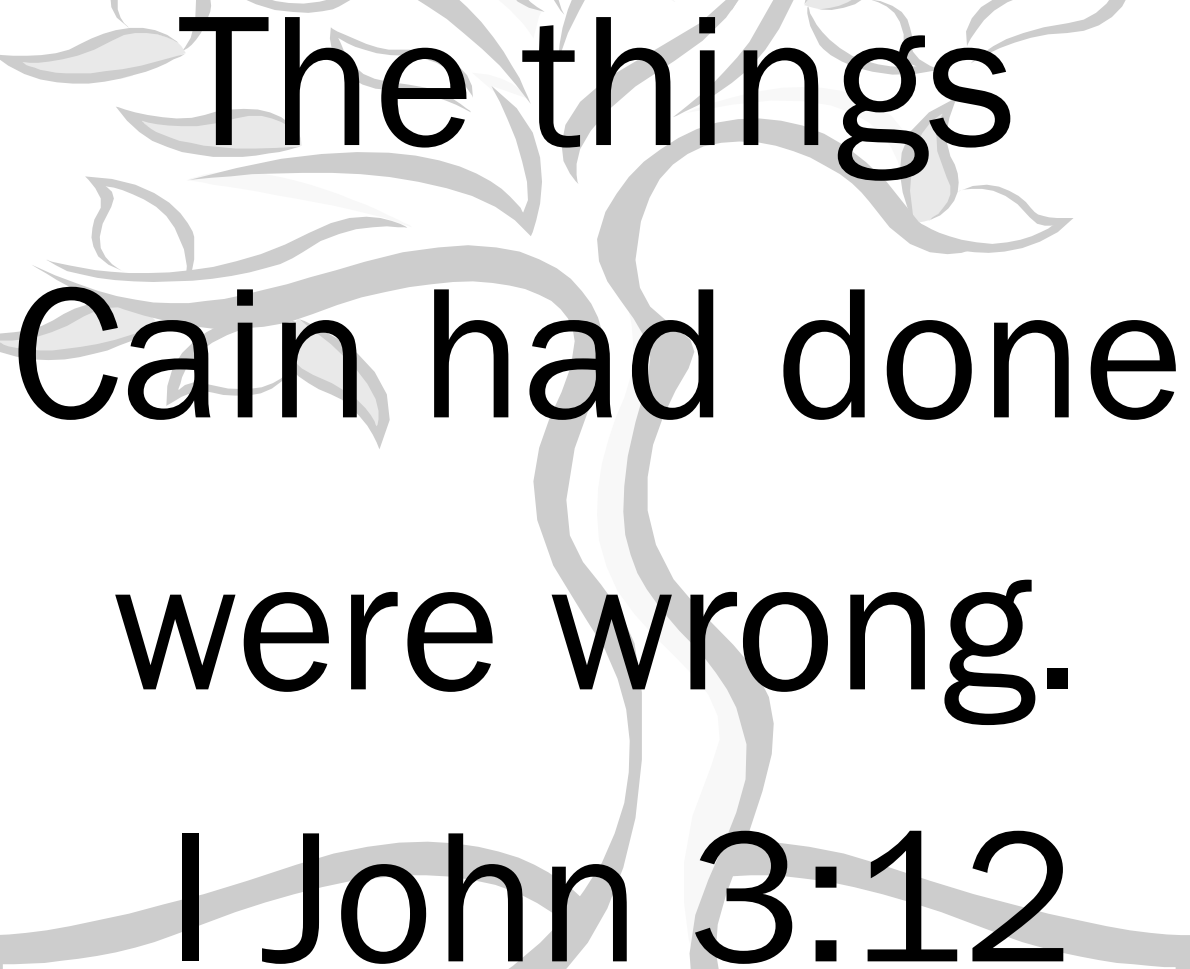
Do you know what Cain did? He should have listened to God, but he didn't. He did a very mean and hateful thing. He took the life of his brother, Abel.

God knew what Cain did and knew that He would have to punish Cain for disobeying. God wants us to always obey Him and do what is right. He loves us and wants to help us. Let's ask God to help us obey this week and do right.

Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus.
3. Ask God to help you obey.

Memory Verse



**The things
Cain had done
were wrong.
I John 3:12**

Word Art

Trace the letters.

Cain
sinned
against
God

GOD'S WORD

Learning Activities

•**Memory verse activity**— Print the memory verse on colored paper. Cut the verse in a triangle shape. Cut another triangle on a blank piece of paper. Glue the triangles together to form a star. One triangle right side up and one upside down. Write the memory verse on your star. Wrap a box with a box top. Put the stars in the box. When the children are able to say the verse allow them to get a star.

•**Test your memory**— Draw a group of circles in a circle on a poster. Cut out circles that say: thoughts, actions, words, attitudes. Have several of each. As you tell the story place the cut out circles on the poster.

•**Taste activity**— Bring fruit or vegetables for a snack.

•**Think about it** — Cain sinned with his thoughts, actions, words, and attitude. Talk about each one. Talk about what God wants from us.

God still loved Cain but God knew that He must punish Cain for his sin. When we sin, we are doing wrong. God must punish us for the wrong things we have done. Talk about how God wants us to do what is right.

For older kids, talk about why they think God did not accept Cain's offering. Talk about how God desires for us to give our best to Him.

Ask the kids if they have ever gotten angry and done something they wished they hadn't done. Ask the kids what they should do to keep from sinning the next time they get angry .

•**Touch activity**— Make a booklet of how to deal with anger. Draw, write, talk, walk, run, exercise, paint and play. If you have access to a counselor or school counselor, talk to them ahead of time or invite them to class.

Bring two large beach towels. Bring a beach ball. Divide the children into two teams. Two to four children may hold one beach towel. Have the groups choose two to four people from the their team to volley the ball from one towel to the other.

Create cards of things that are right. **Thoughts**— think about reasons to praise God; **actions** — take turns, be kind; **words** — say nice things, say words that encourage, etc; **attitude** — be willing to serve others, admit wrong, say you are sorry, etc. Let the children talk about ideas or experiences with doing what is right. You may want to have several small groups doing this.

Act out a drama where children choose to do wrong (like steal, lie, be proud, etc.) Have the child who did wrong, ask for forgiveness from God and the person against whom they sinned. Have the offended person say they forgive the offender. Let several children practice saying, "I'm sorry," and "please, forgive me."

•**Run and play** — Have the children do jumping jacks. As they are jumping have them say, "Choose right. Do good. Obey God. Etc."

•**Listen**— As the children take time for silence, remind them that God wants us to give Him our best..

•**Sing** — Sing, "Amazing Love," a song about forgiveness or a song related to the story.

•**Reach out** — During class, pray specifically for kids that did not come today. Make invitations for them to come to Bible study next week. Take several of the children with you and deliver with the Bible verse. Encourage them to read the story in the Bible.

Rooted and Grounded



Pray

Ask God to show you any sin of attitude in your life.

Thank God for forgiveness of sin.

Pray for persons you know who do not know God forgives when we repent.

Pray for Bible study leaders who are telling others about how God forgive when we repent.

Read the Bible Daily

This week read Genesis 4:1-14.

You may want to choose a reading plan that allows you to read through the Bible in a year. Begin today. Check the internet for ideas.

Think About It

Cain sinned against God with his thoughts, actions, words, and attitude. Think about what you read. Think about what this means for you.

God confronted Cain. Cain refused to admit his sin. He refused to repent. Ask God to help you repent and confess sin in your life.

Do It

Cain sinned with his thoughts. Ask God to help you think in such a way that your thoughts honor God.

Sin is not just doing wrong. Sin is also not doing what is right. If there is something that you need to stop doing, ask God to help you. If there is something that you need to do, ask God to help you.

Tell About It

Think about someone who needs to hear the story of Cain and Abel. Pray. Tell the story.

Change it

Ask yourself about what needs to change in your life, your attitude, your actions. (If there is sin in your life, ask God to help you stop.)

If you have a sin problem area, talk to your parents, an adult Christian, or a Bible study leader. Ask them to pray with you.

Study it

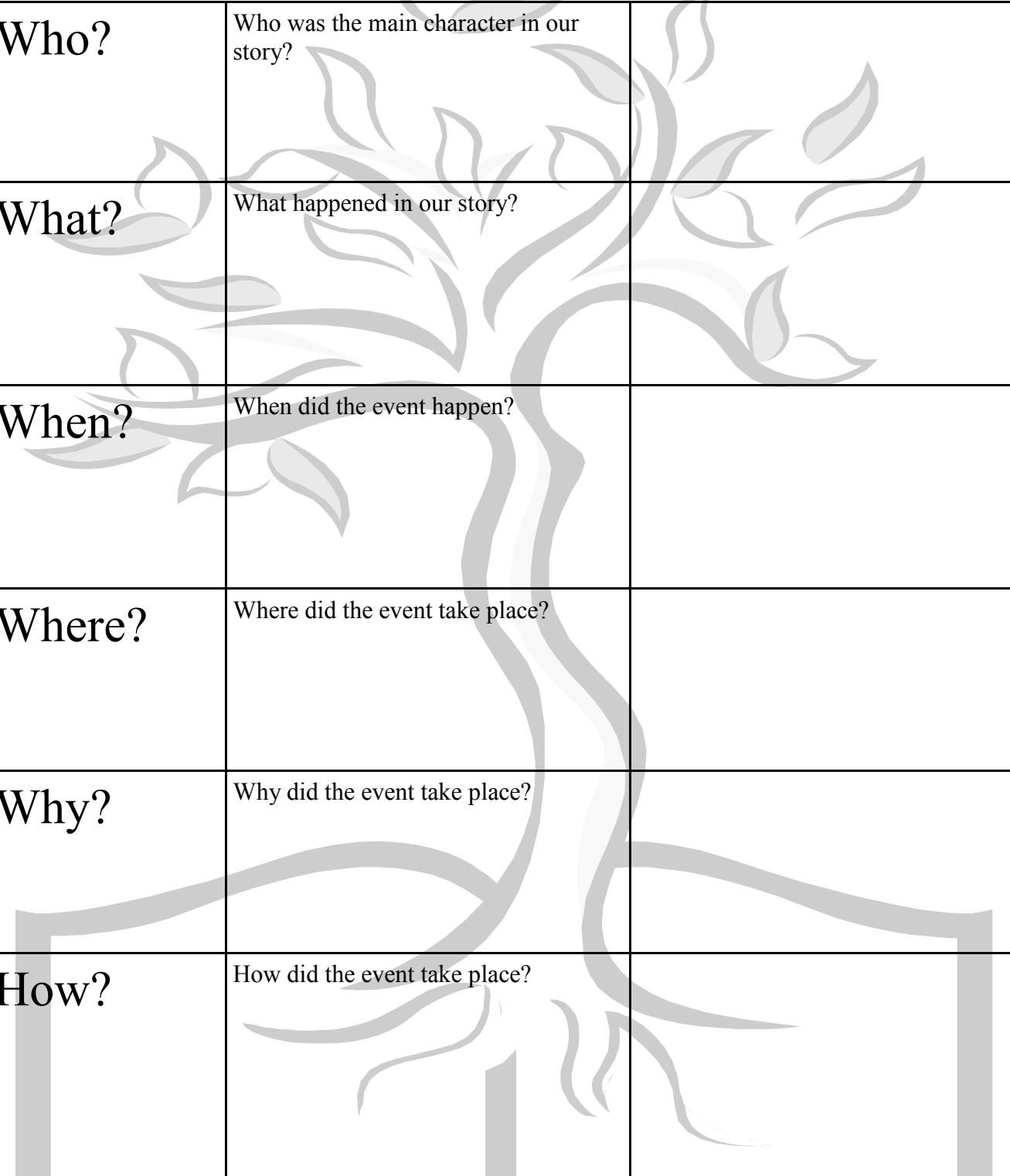
Attend Bible study this week with a friend who needs to start attending Bible study again.

Write verses that relate to you on index cards. (Find verses related to your thoughts, actions, words and attitudes.) Put the verses on your bathroom mirror or in places where you can see them daily. Memorize the verse/s.

Record It

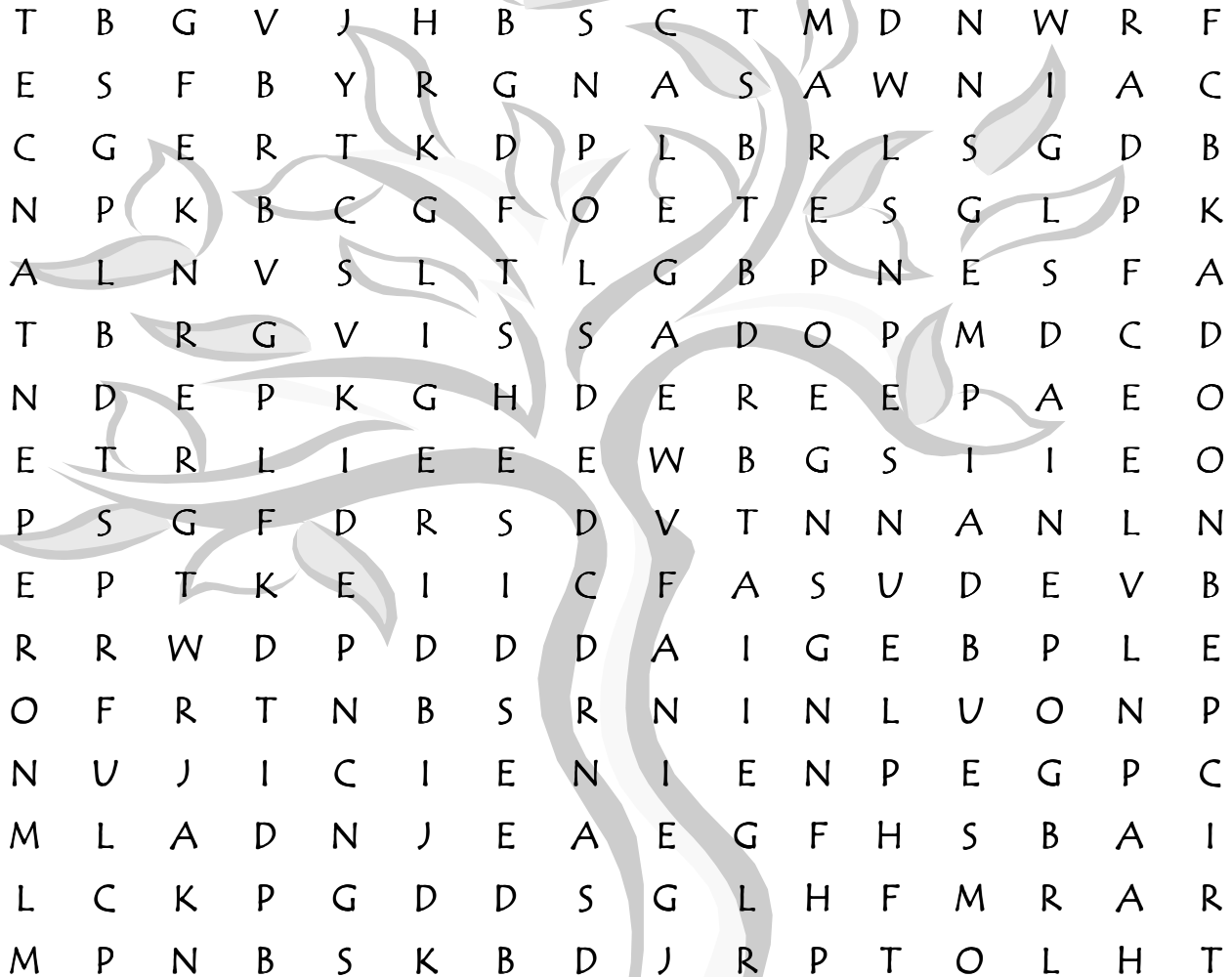
Create a spiritual journal, write about what God is teaching you about admitting sin, repenting of sin, and asking for forgiveness. Put a date on each entry.

Learning the Facts



Who?	Who was the main character in our story?	
What?	What happened in our story?	
When?	When did the event happen?	
Where?	Where did the event take place?	
Why?	Why did the event take place?	
How?	How did the event take place?	

Word Search



T B G V J H B S C T M D N W R F
E S F B Y R G N A S A W N I A C
C G E R T K D P L B R L S G D B
N P K B C G F O E T E S G L P K
A L N V S L T L G B P N E S F A
T B R G V I S S A D O P M D C D
N D E P K G H D E R E E P A E O
E T R L I E E E W B G S I I E O
P S G F D R S D V T N N A N L N
E P T K E I I C F A S U D E V B
R R W D P D D D A I G E B P L E
O F R T N B S R N I N L U O N P
N U J I C I E N I E N P E G P C
M L A D N J E A E G F H S B A I
L C K P G D D S G L H F M R A R
M P N B S K B D J R P T O L H T

CAIN SINNED

ABEL GAVE HIS BEST

CAIN DID WRONG

ABEL DID RIGHT

ABEL'S GIFT

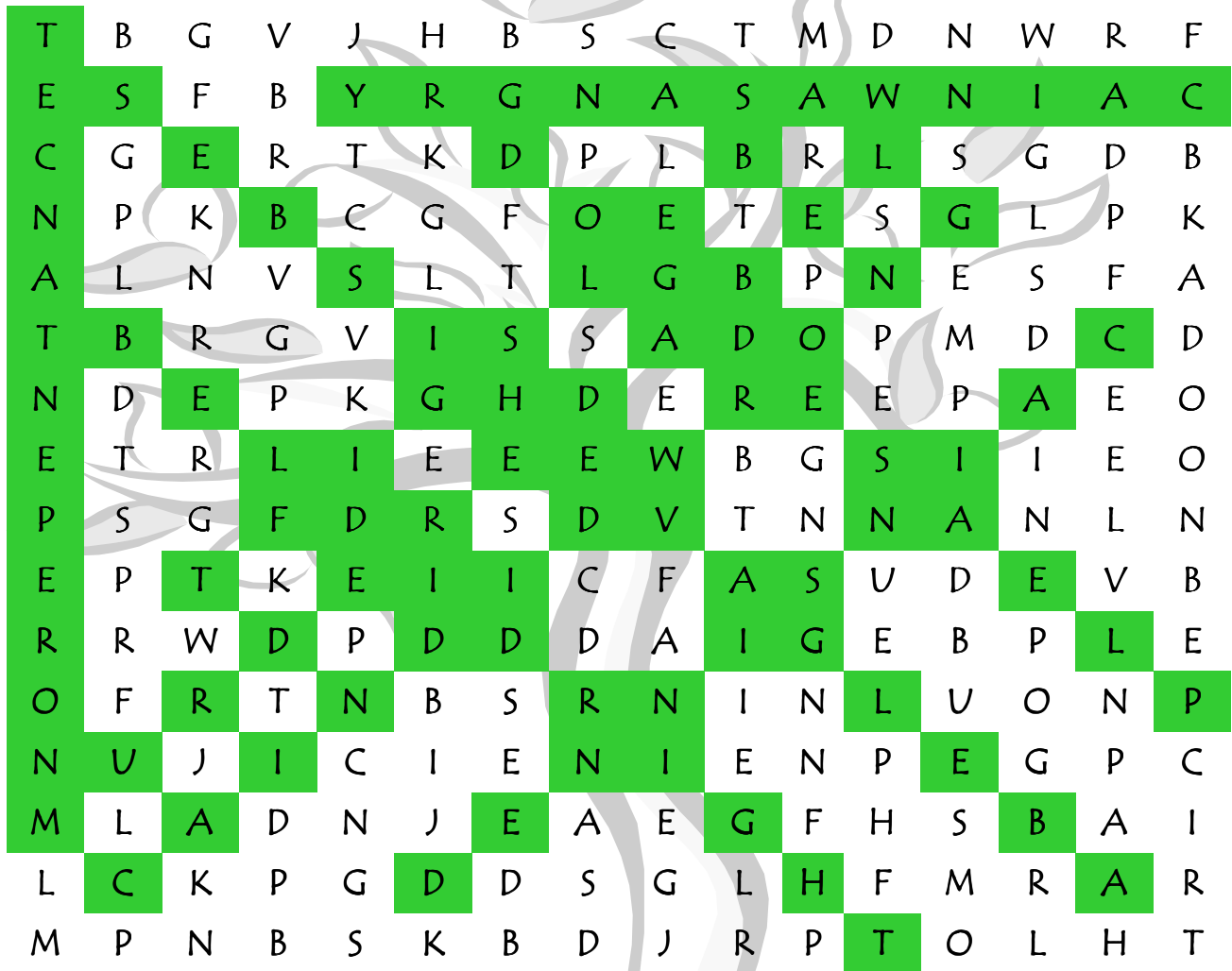
PLEASED GOD

CAIN WAS ANGRY

MURDERED ABEL

NO REPENTANCE

Word Search



CAIN SINNED

ABEL GAVE HIS BEST

CAIN DID WRONG

ABEL DID RIGHT

ABEL'S GIFT

PLEASED GOD

CAIN WAS ANGRY

MURDERED ABEL

NO REPENTANCE

Word Search

J M D H V K P R B E S T
V S B P V J N B K C J N
H D S F P K W Q G L S F
D R S F O F G D G I F T
M F S L G Q R T K V P B
V J T R B D G F C A I N
J H V P Q P L E A S E D
F B D G V P N C A B E L
R T P S K J M Q S C V D
J P B V N B R O T H E R

CAIN

ABEL

BROTHER

GIFT

PLEASED

BEST

Word Search

J M D H V K P R B E S T
V S B P V J N B K C J N
H D S F P K W Q G L S F
D R S F O F G D G I F T
M F S L G Q R T K V P B
V J T R B D G F C A I N
J H V P Q P L E A S E D
F B D G V P N C A B E L
R T P S K J M Q S C V D
J P B V N B R O T H E R

CAIN

ABEL

BROTHER

GIFT

PLEASED

BEST

Anagram

NAIC

NGLEEDOB

LEIV EON

DDUEMRR

THRROEB

SNIGTH

NOGRW

TIGRH

NOJH

GOD'S WORD

Anagram

CAIN

BELONGED

EVIL ONE

MURDERED

BROTHER

THINGS

WRONG

RIGHT

JOHN

GOD'S WORD