



# CAIN & ABEL

GENESIS 4:1-16

## GOAL

- ▶ **To help children understand that sin is bad, and love is important. This story emphasizes the importance of loving and worshiping God.**
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## CHARACTERS

- ▶ **Cain:** He was a farmer and the oldest son of Adam and Eve. He killed his brother Abel because he was jealous that God liked Abel's gift, but not his. Cain did not love God.

**Abel:** He was a shepherd and Cain's younger brother. He was killed by his brother, Cain. Abel loved God.

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## MEMORY VERSE

- ▶ **1 John 4:19:** We love because He first loved us.
- .....

## OVERVIEW

- ▶ **Read Genesis 4:1-16:** Cain and Abel both gave a gift to God. God knew that Cain didn't love him, even though he gave a gift. However, God approved of Abel's gift. Cain was jealous of his brother, and murdered him. As a result, God punished Cain.



## SUGGESTIONS

The story of Cain and Abel can be confusing, even for lifetime students of the Bible. The point of the story is not sibling rivalry or laws against murder. The point is that God is just, and He desires that people love Him. Cain didn't love Him, and God knew that. Cain showed his disinterest in God when his offering didn't contain the best of what he had.

To help children grasp God's love, emphasize how God did not kill Cain, even though Cain was a murderer. Instead, He protected him from harm. God punishes sin, but even in His punishment, He is just.

Children who have brothers or sisters, may understand the feeling of sibling rivalry. Opening the lesson with this concept will help them to pay attention, and understand the seriousness of their own antagonistic feelings towards a sibling.

A major application of this lesson is that God cares little for a show of religion. He cares about the heart. There is a danger in teaching children to be rule-keepers without being God-lovers.

## PRE-LESSON ACTIVITY

**CharacterSticks Relay** | **Supplies:** four plastic cups; wide, craft popsicle sticks; and a permanent marker

On the plastic cups, write Cain and Abel. On the popsicle sticks, write characteristics about Cain and Abel (e.g., farmer, shepherd, angry, loved God, etc.). Make two sets of popsicle sticks so each team has the same characteristics to decipher. Divide the class into two teams. Set up the cups at the front of the room and each set of popsicle sticks in front of each team face down so the students can't see what is written on them. One student from each team will flip over one of the popsicle sticks, determine who it is describing, and run up to the front of the room to put the popsicle stick in either the Cain or Abel cup. Continue until the first team has flipped all of the popsicle sticks and placed them in the appropriate cups. The first team to correctly place all of their sticks into the cups wins.



**MEMORY  
VERSE  
MEANING**

- ▶ Explain that God is the one who teaches us how to love. Ask children for practical ways in which they can love other people. Then, explain that love is doing. Ask the question again, "What can you do to show people that you love them?" If they have trouble, you may wish to point out specific people whom they can love, such as parents, lonely child at school, and siblings.

**POST-LESSON  
ACTIVITY**

- ▶ **Giving to God | Supplies:** paper, and pencils or pens.  
  
Encourage children to think of something that they can give to God. If students get stuck, provide them with some suggestion, such as giving to the church offering or volunteering time to a ministry.

**TAKE  
HOME**

- ▶ God knows our hearts. We should give to God with an open and happy heart. Giving to God should not be a chore that we don't want to do. Giving is a way to act on our love for God.  
  
God doesn't need our money or our help. God can accomplish His will without us. Giving is a blessing to God, to the people our gifts help, and to us.



## QUESTION & ANSWER

### SLIDE 1



**Q1a:** What were the names of Adam and Eve's sons?

**A1:** Adam and Eve were parents to Cain and Abel.

**Q1b:** Do you have any brother or sisters?

**TN:** Siblings can be a lot of fun, but sometimes they can be difficult to get along with. Even when we are mad at them, they are family, and we love them. It is important to remember that we are family and we should always be there for each other.

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### SLIDE 2



**Q2a:** What did Cain and Abel like to do?

**A2:** Cain became a farmer and Abel became a shepherd.

**Q2b:** Can you be friends with people who only like the same things as you?

**TN:** That would get boring after awhile. People with different interests help us to expand our knowledge and view of the world. Having things in common is the starting place of friendship, but it doesn't mean we shouldn't be friends. Cain and Abel liked different things, but surely they had things in common.



## QUESTION & ANSWER

### SLIDE 3



**Q3a:** What did Abel give to God as a sacrifice?

**A3:** Abel gave God his best sheep as a sacrifice.

**Q3b:** For your birthday, your friend gives you a video game she doesn't like anymore. Is this a good gift?

**TN:** Well, it depends. If you showed interest in the game, then it's not bad. If she knew you didn't like the game either, but didn't want to come to your birthday party empty handed, so she wrapped up something she didn't care about, then it's not a good gift. Sometimes all that we have to offer doesn't seem like much, but what matters more than the actual present is where our heart is when we decide to give it. When we give to God, we should be happy to give it, and it should be the best that we can give. God wants us to be cheerful givers. Giving to God shows that we are grateful for all that He gives to us.

### SLIDE 4



**Q4a:** What did Cain do to Abel?

**A4:** Cain killed Abel.

**Q4b:** If you accidentally broke something in a store that has video cameras, do you think they would find out what you did?

**TN:** It's on video, so yes, the staff would be able to determine that we broke the item. They have video cameras in the store so they can see just those sorts of things happen. God is with us all the time, so He knows everything that we do and say. Deeper still, God knows our hearts, so He knows our feelings and thoughts about ourselves and others. With God, we cannot hide from our actions, and we cannot deceive Him.





## QUESTION & ANSWER

SLIDE 5



**Q5a:** Where did Cain settle?

**A5:** Cain settled in the land of Nod.

**Q5b:** When we sin, does God want to punish us like He did Cain?

**TN:** No! Through Jesus Christ's sacrifice on the cross, we are forgiven. When we sin, we should apologize to God and ask Him to help us to never do it again. When we fall, Jesus is always with us to help get us get back up again and try to do better next time. There is nothing we can do that will ever separate us from God's love.



**MEMORY  
VERSE**

▶ **1 John 4:19:** We love because He first loved us.

**BIG IDEA**

▶ We should give God our best and we should give it with a happy heart because we love Him.

**CLOSING  
PRAYER**

▶ God, thank You for Your love. Help us to love others as You love us. Help our love for You to be real, and not just for show. We ask these things in Jesus' name, Amen.



## LESSON TRANSCRIPT

### SLIDE 1



After the fall, God banished Adam and Eve from the Garden of Eden. Life was hard, and the work was difficult. But just as God had promised, Eve gave birth to a son and named him Cain. Cain was the first born. Then she had a second son and called him Abel.

### SLIDE 2



As the boys grew up, they showed interest in different things. Abel loved animals and became a shepherd. Cain, on the other hand, became a farmer and grew plants and food for the family.



### SLIDE 3



Both Cain and Abel were supposed to pray to God and thank Him for His provision. Abel loved God and it showed by the beautiful offering he brought. He gave God his best sheep as a sacrifice. Cain brought some of his crop, which probably wasn't even his best. But God loved Abel's offering more. When Cain saw this, he became very jealous and angry. God seemed to like Abel more than Cain, and this stirred up more hatred in Cain's heart.







## LESSON TRANSCRIPT

### SLIDE 4



Cain's heart was wicked, and his jealousy made him do an evil thing: He planned to kill his own brother. While out in the field one day, Cain fought with his brother and killed him. Cain's jealousy turned his anger into rage, and he murdered his own flesh and blood. Cain forgot that God knew everything, even what he did in secret. Now Cain was really in trouble. God spoke to Cain. "Cain! Where is Abel your brother?" Cain was scared. Did God know? "I don't know!" Cain lied to God. "Am I supposed to guard my brother all the time?" God was not fooled. "What have you done? I know that you've killed your brother, Abel."

### SLIDE 5



God then cursed Cain and banished him. No longer would Cain be able to plant and harvest any crops, no matter how hard he worked. Even in this punishment, God protected Cain by placing a special mark on him. This mark meant that anyone who killed Cain would be severely punished. From that day on, Cain became a fugitive on the earth. He settled in the land of Nod, far from his family and far from God's pleasure. Cain's punishment would last the rest of his life.