

# Old Testament

## Cain & Abel

## Genesis 4:1-16

### Younger Verse

I am with you always. Matthew 28:20

### Older Verse

Go and make disciples of all nations, baptizing them in the name of the Father, and the Son, and the Holy Spirit, and teaching them to obey everything I have commanded you. And I am with you always, to the very end of the age.” Matthew 28:19-20

Teachers: This new unit is designed to help your children understand some of the stories in the Old Testament. Each lesson will have both Old Testament and New Testament passages.

PLEASE remember to always include the New Testament verses—this helps each child see how God’s ultimate plan was fulfilled in Christ!

### Welcome Time

Ask the kids if they have ever done something wrong when no one was looking? Explain that today we will talk about a man who did just that and see what happened.

### Bible Story

*Please note: This portion of the lesson is given to help in teaching the lesson. Please read through the story and read it in the Bible. Do **NOT** read from this piece of paper. Instead, make a note sheet and place it next to the story in the Bible.*

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. He took care of the sheep.

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.

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 second best. What would you do if someone gave you a broken toy as a gift? Would you get excited about it? God wasn’t excited about 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.”

Now Cain had an evil plan. He asked his brother to go into the field with him. While

### Lesson Goals

**Explain some of Cain’s emotions**  
**Tell what Cain did wrong and why**  
**Understand how Jesus helps us**

they were in the field, Cain attacked his brother Abel and killed him. Quickly he buried Abel in the dirt.

It was not that God did not know where Abel was. God wanted Cain to “fess up.”

Suddenly God said to Cain, “Cain, where is your brother Abel?” Cain replied in a smartalec voice, “I don’t know. Am I supposed to keep track of where he is all the time?”

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.”

Cain spoke up, “God, my punishment is too much. Someone will surely kill me.”

God then told him that He would put a mark on him so that no one would hurt him.

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 horrible mistake he had made.

Cain’s sin (wrong) separated him from God. It tore apart their friendship. What about you? How is your friendship with God? Do you feel separated? Tell God you are sorry for what you have done. Tell Him you want to live the way He wants you to live. Ask Him to help you change. If Cain had asked God to forgive him for the second rate gift and asked God to help him to live right, his life might have been very different.

God loves us so much that He had a plan to help us. The only way to restore our relationship with Him was to find a way to take away our sin. God knew a way—it was the only way. He sent His son to take our sin away. We must believe in Him. We must ask Jesus to come into our hearts.

Jesus comes into our hearts when we ask Him. He stays there always. If we do wrong again, He is sad. We must come to Him and tell Him we are sorry for the things we did wrong and ask for His forgiveness. He happily cleans us. If you would like to know about asking Jesus into your heart, talk to me during the snack time.

#### Learning Activities

Use the activities that will help your kids learn.

#### Memory Verse Activities

We will be working on this verse for two weeks so that we can learn it and remember it! Talk about it with your kids and help them see how we must tell others about Jesus. Help them learn the verse in sections. Ask them who obeyed in the lesson today: Cain or Abel.

#### Prayer Time

Pray that they will have good attitudes this week. Pray specifically that they will not be jealous or angry with anyone with week.

#### Snack Time/CleanUp

Choose someone to help you pass out treats today. Try to encourage everyone to clean up and put their trash in the trashcan.

Planning for January 25th  
Noah and the Ark  
Genesis 6:5—9:17

Preschool Lesson  
For  
Cain and Abel

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. (SMILE) But God was not happy with Cain's gift. So Cain got very angry and he began to frown. (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 and hurt 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.

Sing this song to the tune of "Are you Sleeping."

Give our best, give our best,  
To-o God, to-o God.  
He loves us so much  
And cares for us too,  
Give our best, give our best.



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## Hands-On Activities For Cain and Abel

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, not leftovers.

Cain was punished for what he did wrong. Talk about how things might have been different IF he had listened to God.

We usually have vegetables in the walk-in fridge. Bring vegetables and dip for a tasting party as the snack time. Another idea: use the vegetables to make a figure of Cain.

God forgave Cain for the horrible thing that he did. He still loved him but knew that He must punish him for the act he did. When we sin, we are doing wrong. God must punish us for the wrong things we have done. However, God's Son, Jesus, did something to pay for all the wrongs we have done. Jesus died on a cross for all our sins. Then, three days later, Jesus came back to life. If we believe in Jesus, we can tell God we are sorry for all the wrong things we have done and ask Him for forgiveness. God will forgive us and clean away all the wrongs we have done. God also expects us to start doing right. He does not want us to keep doing wrong but if we do what is wrong, we need to ask God to forgive us and He will.

Bring clothes to act out the story. A sheet or pillowcase can become a shepherd's head-covering. Make a shepherd's cane out of tubes or even aluminum foil scrunched together. Bring gardening tools (if appropriate) and vegetables too.

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