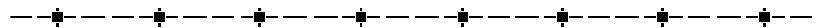


Old Testament

Mission Arlington • Mission Metroplex Curriculum • 2009

Through the Old Testament in Two Years

Part One



Created for use with young, unchurched learners
Adaptable for all ages including adults

Old Testament

Cain and Abel

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

Genesis 4:1-14

Read the Bible

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

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)

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. Abel was a shepherd. He took care of the sheep. (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. 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. (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. What would you do if someone gave you a broken toy as a gift? Would you get excited about it? 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....Please don't do wrong." (Genesis 4:6-7)
Now Cain had an evil plan. 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) 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. (1 John 1:9)
Suddenly God said to Cain, "Cain, where is your brother Abel?" Cain replied in a disrespectful voice, "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. 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

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.

Cain and Abel — Bible Facts

1. Cain brought an offering to God.
2. Abel offered God his best.
3. Cain killed Abel.
4. God punished Cain.

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.” 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 (killing his own brother). But, there were consequences for Cain’s sin.

Cain’s sin (wrong) separated him from God. (It tore apart their friendship.) What about you? Do you have a friendship with God? Do you feel separated? Tell God you are sorry for what you have done. Ask God to forgive you. 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. He sent His son to take our sin away. (John 3:16)

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 made Cain a wanderer and told him the ground would not produce for him.)

Do You Know Jesus?

God loves us so much that He has 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 is the only way. He sent His Son to take our sin away. (John 3:16) 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. (Romans 10:9-10)

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. (1 John 1:9) Would like to know about asking Jesus into your heart?

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.

Application

Cain and Abel brought gifts to God. But Abel did right and offered his best. In his anger, 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. God wants us to confess our sins when we do wrong. He will forgive us. (1 John 1:9)

Planning for the next week:

Noah — Gen. 6:5-9:17

Preschool Lesson

Read the Bible

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

Sing this song to the tune of “Are you Sleeping.”

O-B-E-Y, O-B-E-Y

Obey God, Obey God.

He loves us so much

And cares for us, too.

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 for younger children:

The things Cain had done were wrong. | John 3:12 NIV

Learning Activities

- **Memory verse activity**— Create a box that says, “Do what is right.” Tell the children that God wants us to do right. Let the children practice the memory verse by saying one word of the verse while holding the box. They will pass the box to the next child who will say the next word. Do this several times to practice the verse.
- **Test your memory**— Bring toy vegetables and toy sheep. Bring toy men to represent Cain and Abel. Use these to tell the story. Ask the children to retell the story.
- **Taste activity**— Bring vegetables for a tasting party as the snack time. Another idea: use the vegetables to make a figure of Cain.
- **Think about it** — 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. Talk about how God wants us to do what is right.

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

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.

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 when they get angry.

- **Touch activity**— 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.
- **Run and play**— Adam and Eve had to move out of the Garden of Eden. Cain had to move away from his parents. Create an area and label it “Do Good.” Create two groups. Have the kids run races to “Do Good.” Talk about choosing to “Do Good.”
- **Listen**— As the children take time for silence, remind them that God wants us to give Him our best.
- **Sing** — Sing a song about forgiveness or a song related to the story.
- **Reach out** — During class, pray specifically for kids that did not come today. Color pictures of the story for them. Take several of the children with you and deliver the pictures. Encourage them to read the story in the Bible.

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.
I John 3:12

Word Puzzle

Trace the letters.

Cain

sinned

against

God.

Word Search

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

CAIN

ABEL

OFFERING

BEST

PLEASED

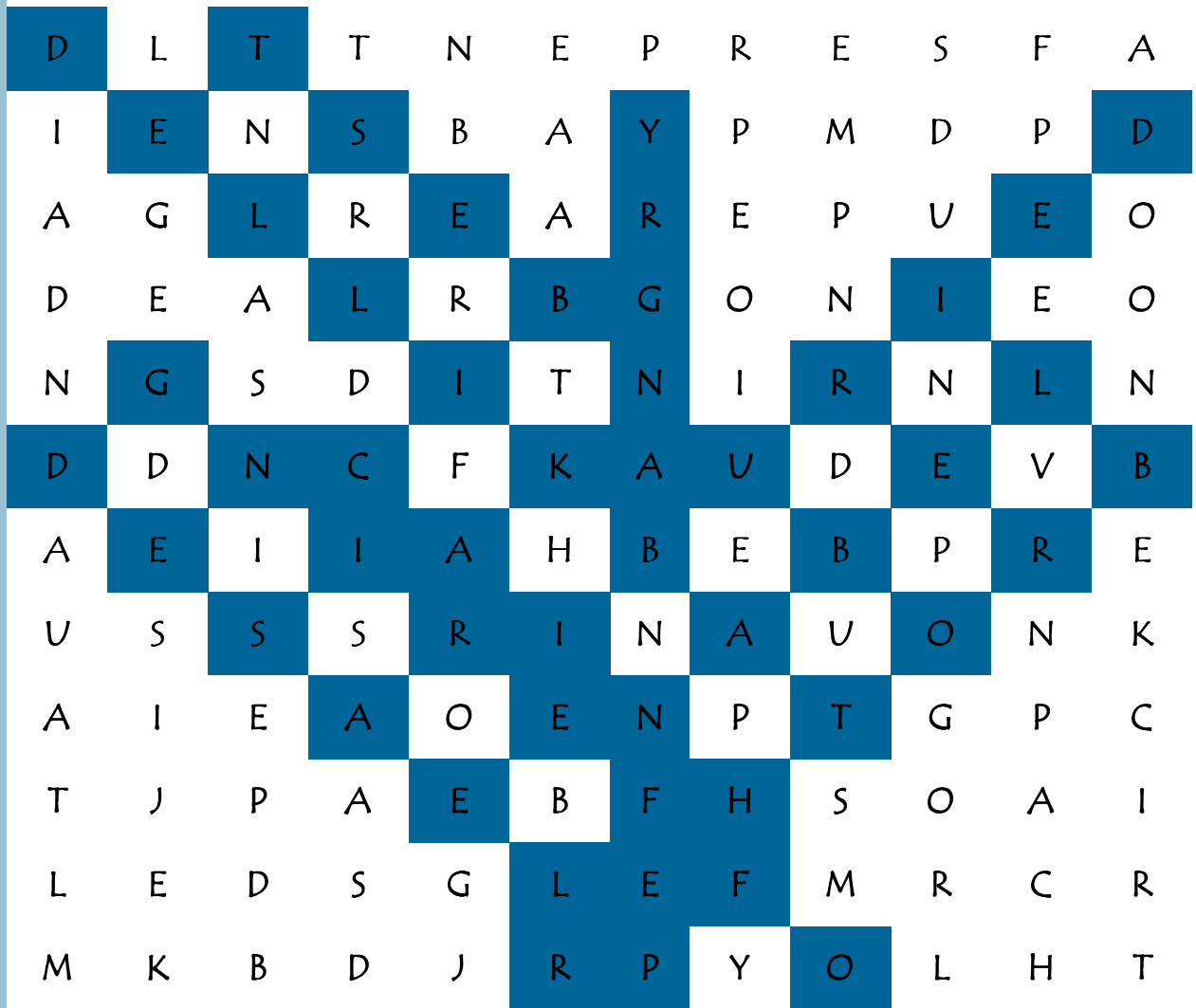
ANGRY

KILLED

BURIED

BROTHER

Word Search



CAIN

ABEL

OFFERING

BEST

PLEASED

ANGRY

KILLED

BURIED

BROTHER

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 F E R I N G
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

OFFERING

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	F	E	R	I	N	G
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

OFFERING

PLEASED

BEST

Anagram

ACNI

VLEI

NIS

UEMDRR

NROGW

IHRGT

OERRBHT

BLAE

RVFGEOI



Anagram

CAIN

EVIL

SIN

MURDER

WRONG

RIGHT

BROTHER

ABEL

FORGIVE