

## Cain and Abel

Teacher Pep Talk: Everyone understands sibling rivalry. Even the youngest child can relate to being upset with a brother or sister. Cain and Abel are the first example of this enmity. Cain slew Abel. After that, there wasn't just death in the world... there was murder as well.

The children will hear that we can learn to love our brothers and sisters and to help take care of them.

You will need: Bible  
Baby dolls or stuffed animals  
Small blankets in which to wrap dolls

Major Points: Adam and Eve had Cain and Abel (2 Sons)  
Cain Worked the Ground/ Abel Kept Sheep  
Abel Offered a Sacrifice Pleasing to God/ Cain Didn't  
Cain was Jealous and Killed Abel  
God Banished Cain

Scripture Ref: Genesis: Chapter 4

Memory Verse: Genesis 4:9 "Am I my brother's keeper?"

Lesson:

### **Introduction**

- *[Be sure to start with your Bible sitting on your lap.]*
- How many of you have brothers? How many of you have sisters? *(Wait for answers for both questions.)*
- Do you like them? *(Yes, No, Sometimes...)*
- Do you always get along with them? *(Wait for answers; take a short story or two.)*
- I'd like to tell you a story about two brothers. It's a true story that is found in the Bible. (Refer to Bible on your lap.)

### **Adam and Eve had Two Sons: Cain and Abel**

- Remember earlier we talked about how God made the first man (Adam) and the first woman (Eve)
- Adam and Eve were man and wife
- God blessed their union with children
- First God sent them a son, who they named Cain. Can you say his name? *(Repeat with children)* Cain.
- Later God sent them another son; this one they named Abel. Let's say his name. *(Repeat with children)* Abel.

### **Cain Worked the Ground / Abel Kept Sheep**

- Cain and Abel had different types of jobs.
- Cain worked the soil. (He grew plants... like a gardener!)
- And Abel kept flocks. (He raised animals... like a shepherd!)

### **Abel Offered a Sacrifice Pleasing to God/ Cain Didn't**

- Cain and Abel both knew about God
- Eventually both brothers brought a sacrifice to offer to the LORD
- Cain brought some of the things he had grown from the ground
- But Abel brought the “best of the best” of his flocks
- God looked with favor on Abel and his sacrifice
- But on Cain and his sacrifice He did not look with favor

### **Cain Was Jealous and Killed Abel**

- Cain was REALLY angry and his face looked very sad. (*Can you make an angry face? How about a sad face? Good job!*)
- God asked Cain why he was angry and why he looked sad. God reminded Cain that if he did good things, he too would be accepted. God also warned Cain that he must overcome sin.
- But Cain didn't listen to God. He was still VERY angry! (*Let's see those angry faces again... Oh... very good angry faces.*)
- Let's see what Cain did next... The Bible says that Cain talked to Abel and asked him to come out in the field with him, and then... while they were out there... Cain killed Abel! (*Scream!*)
- Boy... this is some story... I wonder what happens next.

### **God Banished Cain**

- Then God said to Cain, “Where is your brother Abel?” (*Uh, oh... Where was he?*)
- But Cain didn't tell God where Abel was or what had happened to him. Cain just said, “I don't know. Am I my brother's keeper?”
- Do you know what that means? It means something like... “Hey... how am I supposed to know where he is? Am I in charge of watching him every minute?”
- But God wasn't fooled; in fact God ALREADY knew what had happened to Abel.
- God said to Cain, “What have you done? Your brother's blood cries out to me from the ground.”
- Then God sent Cain away. He told Cain that from then on he would always be a restless wanderer on the face of the earth.
- And that is the end of the story... except for a nice ending. God gave Adam and Eve a new baby son; this one they named Seth.
- God cared about Adam and Eve, about Abel and even about Cain. But it is always important for us to do what is right.

Let's pray and thank God that He loves us and cares about us. Let's thank God that He gives us our parents and our brothers and sisters.

Prayer: Dear God,  
Thank you that you love us.  
Thank you that you care about us.  
Thank you that you care for our parents, and for our brothers and sisters.  
Amen.

Suggested Activities: *(Choose 1-2 that will work with your group.)*

**Pink and Blue** – *Children will make a collage representing them and their siblings.*

**Before Class:** Provide pieces of blue or pink paper (or pink/blue stickers) for each child and all of their siblings. Also provide a large piece of poster board for a class collage.

**During Class:** Give each child a pink or blue sticker (or piece of paper) to represent them, and an additional one for each of their siblings. Let the children place them on the poster paper. Talk about the collage with the children. Discuss how each sticker represents a child in their families. Pray for all of the children together.

**Prayer for a New Baby** - *The children will pray for someone having a new baby and make a card for her. Additional cards could be made for other moms and dads.*

**Before Class:** Obtain the name and/or photograph of someone the children might know who is going to have a baby; maybe someone at church they would have seen or met. Provide a LARGE piece of paper or construction paper, on which you will write a note to the expectant mother, telling her that you and your class prayed for her baby today. Allow room for the children to all write their names on the card. Provide markers/pens.

**During Class:** Gather the children together and ask them the following questions.

**Questions:**

- 1.) Do we know anybody who is about to have a baby? *(The children may know someone. Listen to their answers. Tell them about the person you all know who is having a baby. Show the photograph if you have one available.)*
- 2.) Can we pray for a baby who is going to be born? *(Yes, we can.)*
- 3.) What kind of things can we pray to God about for the baby? *(Wait for answers. Potential answers might include: That the baby would be born healthy, be happy, come to know Jesus as his/her Savior.)*

Pray for the baby together. You might want to ask some of the children to participate, depending on the ages of your class. Have everyone say "Amen." Show the children the card you have prepared in advance. Write down some of the things you prayed about for the baby. Have all of the children take turns signing their names on the card. Deliver the card to the expectant mother. Next week bring back a photo of her holding the card. You might want to ask the mom to write your class a note in return.

**Additional Idea:** Copy the sheet provided to make additional pieces of paper for the children who know someone close to them having a baby. The papers say: "I prayed for your baby today." Have the child sign the paper and take it home to deliver it to the expectant mother.

**Holding the Baby** – *The children will practice holding a “baby” doll, like an infant.*

**Before Class:** Provide numerous stuffed animals and dolls for the children to see and hold. Also provide items such as small blankets, pretend bottles, cribs, baskets, etc.

**During Class:** Show the children how to hold one of the baby dolls. Explain that it looks like a new baby might look. Show how to wrap a baby in a small blanket so that it is warm. Show that you do not cover the face with the blanket. Demonstrate hugging the baby, feeding the baby with a bottle, and putting the baby down for a nap. Let the children practice holding the baby or stuffed animals, etc. Enjoy some quiet time rocking the babies, etc.

***NOTE:*** *If a child seems particularly rough with a baby doll, say “No.” Take away the baby doll. Show how to set down the doll, and redirect the child to a different activity.*

**“Love in Action” for Siblings** - *The children will learn ways to show LOVE-in-Action!*

**Before Class:** Think of some age-appropriate ways that the children in your class might show “love-in-action” towards their various siblings. Write out some different ideas on slips of paper. (*Question: Mommy needs a new diaper from the bag for the baby. What can you do to show love-in-action? Answer: Get Mommy a diaper and hand it to her!*)

**During Class:** Tell the children that you are going to learn how to show LOVE-in-Action for a sibling (brother or sister.) Give different ideas from the slips of paper. Ask for answers to the questions. For older children you could choose to do some role-playing.

**Other ways of Showing “LOVE-in-Action”:**

Praying for brothers or sisters

Helping Mom or Dad take care of little brothers and sisters

Getting the towel ready for when the baby gets a bath

Being very quiet when baby is taking a nap

Listening when Mom or Dad needs to tell you something about your sibling

Folding the baby’s clothes after they are washed

Telling Mom or Dad when the baby is crying (especially if no one else hears the baby!)

Letting your siblings share your toys (...IF they are old enough to play with them!)

Talking nicely to your brother or sister

If you are angry with your brother or sister, talk to a parent about your feelings.

What are some other ways we can show Love-in-Action to our brothers and sisters?

**Memory Verse** – *Children will discuss the memory verse and learn what it means.*

**During Class:** Discuss these ideas with the children...

Cain asked God “Am I my brother’s keeper?” (*Repeat – “Am I my brother’s keeper?”*

*Say this 2-3 times, like you are imitating Cain. Look more innocent, surprised, and*

*shocked each time. Are you fooling anyone?) Was Cain supposed to be watching his*

*brother all the time? (No, not really.) Was he supposed to care about his brother and*

*watch out for him, for instance...NOT hurting him? (Yes.) We may not have the job of*

*watching our brother (or sister) all the time, especially after they grow up and are adults,*

*but we are to love them and care about them. And, we are ALWAYS to do what God*

*says is right. Let’s pray for our brothers and sisters. (Pray together.)*

I Prayed for  
Your Baby Today!

