

# Lesson 4: Cain and Abel

**Objectives:** Students will...

- 1) Study Genesis Chapter 4: Cain and Abel and Cain's descendants
- 2) Learn that men, right from the beginning had cities, families, and problems.
- 3) Do activities that relate to understanding the two brothers Cain and Abel.

**Supplies:** Coordinator will ensure these supplies are already in your room.

**Teacher Materials (provided in classroom)**

- Bible(s)
- Markers/Pencil Crayons
- Pens/Pencils
- Attendance Chart (See Template)
- Stickers for Attendance
- Cain and Abel Color Page and Questions Sheet – one per child
- What We Learn about Cain's Descendants Collage – one per child

**Optional:**

- Story book or visual aids of Cain and Abel with pictures to show kids and/or
- Flannel Display Board with Cain and Abel Characters, etc.

**Snack:**

- Various Vegetables – bite sized pieces      enough so every child gets some
- Napkins for snack      one per child
- Juice or water and cup      one per child

**Lesson:**

**1) Introduction to lesson**

**2-5 minutes**

As students enter, welcome them and help find a chair to sit at. Thank them for coming.

Take attendance (using attendance chart supplied). Let each child put a sticker beside their name for this week.

Once children are seated say, **“Last week we studied Adam and Eve! We read about how they sinned and that by doing so there were consequences for them and for even us today! We learned that because of their sin they were kicked out of the Garden of Eden and Adam would have to work hard for the food they would eat and all men to follow him would have to work hard to survive. We also learned that Eve and all women after would have pain when having children and would be ruled by their husbands. Finally, we learned that even though they brought sin into the world, God had a plan through Jesus to save us from sin. Even though Satan would try to stop man from being with God, God was able, thanks to His plan and Jesus – that Jesus would and did conquer Satan, and that because of Jesus we have the opportunity to have our sins forgiven and spend eternity with God if we follow Him!**

**Today we are going to learn about Adam and Eve's first two children: Cain and Abel and lessons we can learn from them.**

**Optional:** if you have a book with pictures showing Cain and Abel you can show the kids the pictures as you read from the Bible, or if you have flannel Cain and Abel Characters, etc. you can do a presentation with those while reading from the Bible.

Say, “**Can we all get our Bibles? Let us turn to Genesis Chapter 4:1-16 and follow along as I read the story of Adam and Eve’s first two children – Cain and Abel.**

Read the story and then move on to the next activity. \*If you have a child that has trouble focusing you can hand out the color page early and either let them start coloring while you read or at least look at the picture while you read.

### 3) Cain and Abel Color Page and Questions

20 minutes

Hand out the sheet and a pencil to each child and ask children to put their name on the front of the page. Tell the children, “**Now that we have read about Cain and Abel we are going to answer the questions that follow, when we are finished, you may color the page.**

Read the instructions and questions from the Activity Sheet; ask students to raise hands to answer if it is either Cain or Abel. See answers below.



#### Cain and Abel

**Questions: Read the Questions and Circle the Correct Answer**

- |  |                     |
|--|---------------------|
| 1) Who was born first?                         | <b>Cain</b> or Abel |
| 2) Who tended the flocks?                      | Cain or <b>Abel</b> |
| 3) Who tended the soil?                        | <b>Cain</b> or Abel |
| 4) Who was angry?                              | <b>Cain</b> or Abel |
| 5) Who was killed?                             | Cain or <b>Abel</b> |
| 6) Who had to go out from the Lord’s presence? | <b>Cain</b> or Abel |

**What did God say we need to do to conquer sin in Genesis 4:7? MASTER IT!**

**Good Job! I am going to read verses 3 and 4 again and then ask you some questions. Raise your hands when it is time while sitting quietly if you know the answers.**

**What did Cain do in verse 3?** He brought “some” of the fruits of the soil.

**What did Abel do in verse 4?** Brought fat portions from some of the “first born” of his flock.

**Abel brought the first of what he was blessed with to God, whereas Cain just gave to God some of the fruits of the soil he had grown. Abel’s offering to God was looked at with favor because he gave to God FIRST before taking for himself. He acted by faith and trusted that God would provide for him and bless him with more. He put God first before himself – that is important that we learn that – if we put God first – God will be happy and He will bless us for it!**

**Why was Cain upset?** Because God did not look with favor on his offerings as much as Abel’s because Cain just gave God “some” of what he grew but did not put God first.

**Let's turn to Hebrews 11:1-4 and read what else we can learn about Abel and his offering to God.**

**Can I get a volunteer to read?**

**What does it say about Abel?** He had faith in God and because he had faith in God, Abel wanted to give God the first and the best of what he had worked hard to care for.

**What does this verse call Abel?** A righteous man. A man right before God.

**What does God say about our faith in Him – if we do right before God will people remember our faith in God?** Yes, even after we die, people will remember us as being faithful and good.

**Read again Genesis 4:6-7:**

**What did God tell Cain to do in Genesis 4:6-7?** Do what is right and you will be accepted, you can master sin and not let it win over you.

**Where did Cain end up?** Nod – This means “wanderer”

Ask if there are any questions. If you can, answer, if not tell the child you will study that question and get back to them next week – talk to someone else if needed but ensure you get back to the child.

Hand out crayons and allow the children now to color the page if time or move onto the next activity.

As they are coloring, talk about the importance of giving with a right heart to God or to anyone. And, discuss the importance of giving your best to God and others like Abel did.

#### 4) **What We Learn from Cain's Descendants Collage** **10-15 minutes**

Hand out Cain's Descendants sheet – one to each child – along with pencil crayons and Bibles. Have children listen as you read Genesis 4:17-24. Then read through the list of Cain's descendants again and have them fill in their names on the circle marked “Descendants” on their sheets. Next, read through the four different things we learn about Cain's descendants below and have them draw in the three remaining circles a picture under the correct verses what they learned about Cain's descendants.

What We Learn from Cain's Descendants – Genesis 4:17-24

Cain's Descendants

Enoch (city was named after him) → Irad → Mehujael → Mathushael → Lamech

Lamech → 1<sup>st</sup> Son: Jabel (father of those in tents and raised livestock)

→ 2<sup>nd</sup> Son: Jubal (father of those who played harps and flute)

→ 3<sup>rd</sup> Son: Tubal-Cain (made tools)

→ Daughter: Naamah

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- 1) They were city dwellers (verse 16-17)
  - 2) Some had more than one wife even though God designed one woman for one man – Genesis 2:24 (verse 18)
  - 3) They had cultural pursuits such as playing musical instruments (New King James says specifically it was the harp and flute.) (verse 21)
  - 4) They were industrious – making tools out of iron and bronze. (verse 22)

**5) Optional – Snack : Fruit of the Soil – Various Vegetables, Berries or Fruit 5 minutes**

Hand out a small handful of fruit or veggies along with a glass of water or juice to each child. Explain that, “**Cain brought fruit of the soil as an offering to God. What different types of things can we grow?**” Have students name things, strawberries, wheat, carrots, etc. Next, go through the different kinds of fruit/vegetables, etc. you brought and have the children name each kind, enjoy the fruit and juice and provide a napkin for children to clean their hands. Review what was learned today and discuss questions while snacking!

**6) Optional – Song 5 minutes**

Have children sing songs with you. Some examples can also be found in Song sheet:

- 1) **Old Testament Books of the Bible** – sung to Alphabet song

**7) Close in prayer**

\*If desired, ask the children if they have any prayer requests and write them down to help you remember. Then ask all children to bow their heads and fold their hands to pray.

Remember to also ask God for help in studying the Old Testament to realize and learn how important it is in showing us and everyone that God had a plan with Jesus from the beginning and that the Old Testament points to Christ all the way through.

Also thank God that we can learn from the people in the Bible like Abel for being faithful and learn what not to do as in the case of Cain by not giving our best.

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Thank you for serving Christ in this way!