

Video:  
[https://youtu.be/yKi\\_LSrXVJI?si=i4v1IWguFCLTtek](https://youtu.be/yKi_LSrXVJI?si=i4v1IWguFCLTtek)  
Cain and Abel by KidVue.org (3:10)



### Lesson #4: CAIN AND ABEL (Genesis 4:1-16, 25)

The Bible says that after Adam and Eve had to leave the Garden of Eden, they found a place to live where they could grow crops and raise animals. They had children.



The name of their first son was Cain.



Then Adam and Eve had another son named Abel.



When the brothers grew up, Cain became a farmer who worked in the fields. Abel took care of the sheep.

In those days, people worshiped God by bringing gifts and laying them on an altar. Cain brought some of the vegetables that he had grown and placed them on the altar. But Abel's heart was different from Cain's. He did not place just anything on the altar. Abel had faith, and he placed the very best of the best of his lambs and placed them on the altar.



God was pleased with the offering that Abel made. The Bible doesn't tell us exactly why God was more pleased with Abel's offering. Perhaps Abel loved God so much that he wanted to give his very best.



God was not pleased with Cain's offering. This made Cain very angry and jealous of his brother. God saw how angry Cain was and said, "Cain, why are you so angry? If you do right, I'll accept you. But if you don't do right, you will sin." God knew that if Cain did not stop being angry and jealous, he would do something terribly wrong.

When he heard this, Cain should have stopped and told God he was sorry. But he did not control his anger. He was so jealous that he only thought about how God approved of Abel more than him.



Cain said to his brother Abel, "Let's go out in the field." While they were in the field, Cain attacked Abel and killed him.



Cain killed his brother when he thought no one was watching, but we know that God sees and knows everything that happens. When God came to Cain, he asked, "Where is your brother, Abel?" Cain answered, "Am I my brother's keeper? Is it my job to keep track of him all the time?"

God knew what Cain had done, and he knew that Cain must be punished. "Your brother's blood is still on the ground. Your punishment is that nothing you plant in the ground will grow. You will just wander around the earth finding food wherever you can."



Cain was upset by this. "My punishment is more than I can bear," said Cain. "I will wander around and whoever finds me will kill me." So, God put a special mark on Cain so that anyone seeing the mark would know not to kill him. And then Cain went away from his family and his home



After the sad story of Cain and Abel, Adam and Eve had another son. This son's name was Seth.

God warned Cain not to let his bad thoughts control him. He gave him a chance to stop before he did something very wrong. We need to learn to control our thoughts. That helps us to do right and be pleasing to God too. God always provides a way for us to run from sin and do what is right.



PRIMARY GRADES ACTIVITIES

Color the picture of Cain and Abel and write their names.



Picture from *Bible Story Coloring Pages* by Gospel Light

\_\_\_\_\_  
C   A   I   N

\_\_\_\_\_  
A   B   E   L



UPPER GRADES ACTIVIES

Cain and Abel Word Search

Find the words on the list that are hidden in the puzzle. The words can be left to right, up and down, or diagonally.

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

- |          |          |          |          |
|----------|----------|----------|----------|
| ABEL     | BROTHERS | GROUND   | RIGHT    |
| ACCEPTED | CAIN     | KILLED   | SHEPHERD |
| ADAM     | EVE      | OFFERING | WANDERER |

SundaySchoolZone.com

Have you ever been so angry or jealous that it made you want to do something bad?



WHAT HELPS YOU TO STOP AND MAKE A GOOD CHOICE?

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