

Cain and Abel

Genesis 4:1-15

Teacher Preparation

Read background materials from the Dole *Bible Study Notes*: <https://www.newchurchvineyard.org/file/dbsn-1-08-cain-and-abel.pdf>

Introduction

Welcome the kids and ask them how they're doing.

Read and Discuss

1. Read *Genesis 4:1-15* aloud to the students.
2. Ask the kids why the Lord liked Abel's gift but not Cain's.
3. Discuss how the Lord knew what was in each of their hearts, and He knew that Abel was truly grateful, and truly making a sacrifice, whereas Cain was just going through the motions.
4. Discuss the meanings of the words "sacrifice" and "offering." (An offering is a contribution or a gift. A sacrifice involves an element of giving up something that is treasured because of a higher purpose.)
5. Can you imagine that some people might do nice things for ulterior motives?
 - Flatter people to get their approval
 - Go to church so that people think you're good
 - Donate large sums of money to hospitals and charities
 - Do volunteer work in the community so other people can see you
 - When you're helping someone, do it so that other people are sure to see you being nice
 - Ask for ideas from the kids
6. What are the things that you kids can do or give to the Lord that are actual good offerings? (helping around the house, money, their time to come to church, etc.) Discuss what element of sacrifice might be involved (giving up their time, or money).
7. For older kids: There are two important aspects to living a life of religion, faith and charity, and we need both. Faith means believing in the Lord, and charity means actually doing good things. Cain represented faith, and Abel represented charity. Things are best when both brothers work together, the same way that we need to believe in the Lord, *AND* do what He asks us to do. Cain's offering was like someone who believes in the Lord but can't be bothered to do what he knows he's supposed to do. He knew in his brain what he was meant to do, but didn't feel it in his heart. So, he grew angry and killed his brother. We need to make sure that when we learn about the Lord, and know what He tells us to do, that we don't just listen and learn without actually doing His Word. Just saying we love the Lord isn't good enough, we actually have to do what He asks us to do.

Read and Discuss (continued)

8. So what is the lesson that we can learn from this story? We must remember to thank the Lord for the gifts that He gives us, and we need to make sure that when we say “thank you,” we really mean it! We need to live our lives in a way that shows that we are thinking about the things that the Lord gives us all the time, and not just remembering to thank you on Sundays, or at Thanksgiving.

Activities

(Adapted from <https://missionbibleclass.org/old-testament/part1/creation-through-noah/cain-and-abel/>)

- Half fill a clear glass with water.
- Half fill a second identical clear glass with white vinegar.
- Say, these glasses represent Cain and Abel’s hearts.
- (Point to the glass of water) Abel’s heart was good and he wanted to give his best to the Lord.
- (Put several drops of green food colouring in the vinegar glass and stir.) The green glass is like Cain’s heart. Cain was jealous, and didn’t give his best to the Lord.
- Let’s see what happens to their hearts when they gave gifts to the Lord.
- Invite a child to put a teaspoon of baking soda in the glass of water (nothing will happen to the water). Abel gave his gift and God was pleased. Abel felt good because he knew he had given his best.
- Now let’s see what happened to Cain’s heart. (Have another child put a teaspoon of baking soda in the green vinegar glass). As the water bubbles and boils talk about how jealousy made Cain’s heart upset and angry.
- Give each student the picture of the altar to color, and then draw on it write in the bubbles with suggested good offerings that *they* can make to the Lord. If desired, there could be rejected offerings on the ground around the base of the altar.
- If there is time, color a picture of Cain and Abel.

Supplies

- Copy of the Word
- Print out (or be able to show the pictures on a device) a selection of pictures illustrating the story:
<https://kdmanestreet.files.wordpress.com/2015/05/2e0be7fa3d7ec550dc7ddda53ea3b0ed2.jpg>
<https://www.istockphoto.com/photo/cain-and-abel-bring-sacrifice-gm471615255-25574543>
https://upload.wikimedia.org/wikipedia/commons/0/0b/The_Story_of_Cain_and_Abel_%28Bible_Card%29.jpg
- Two glasses, vinegar, green food colouring, baking soda
- One worksheet per student (see p. 3)
- Print out one picture per student of this image:
<https://www.newchurchvineyard.org/file/coloring-page-cain-and-abel-genesis04.pdf>
- Pencils and coloured markers and/or crayons

Good Things We Can Offer to the Lord

