

# FALL

## “Cain and Abel: Sinning in Anger”

**Series Objective:** Students will learn:

- Humans disobeyed God, by listening to someone besides God
- Humans sinned in anger
- Noah and humanity received a promise from God
- Humans wanted to be powerful like God

**Series Theme Verse:** “I will listen carefully to what the God the Lord is saying, for he speaks peace to his faithful people.” Psalm 85:8 (New Living Translation)

**Lesson Objective:** Students will understand how Cain’s anger is normal, but sinning in anger is sin.

**Lesson Passage:** Genesis 4:3-12

**Materials Needed:** 2 Balloons for each child, black marker to draw on the balloons, series theme verse cut into puzzle pieces and hidden in the room.

**Lesson Plan:**

### The Story:

#### Talking Points:

- Before you tell the story, tell the students you are going to talk about a word today that is not a sin, but can cause people to sin, and the word is “anger.”
- Ask students if they know what the word “anger” means.
- Give students an example of anger (When a brother or sister takes your toy and breaks it, you might feel angry)
- Read the story of Cain and Abel from the Lesson Passages, then paraphrase the story on the level of the students.
- What are the names of the two brothers? (Cain and Abel)
- Which son made God happy by doing his best for God? (Abel)
- Which son did bad and made God mad? (Cain)
- Why was Abel considered good? (He did what God said and gave God his best)
- Why was Cain not considered good? (He did not offer his best fruit)
- Cain became angry with his brother. He wanted God to be happy with what he offered. Cain was so angry that he killed his brother Abel. Is that a good thing to do?
- Should you ever get so angry that you hurt somebody? (No)

- Being angry is not a sin, but when we hurt others while we are angry, then we are sinning, like we talked about last week. When we hurt someone while we are angry, that does not make God happy.
- Did God punish Cain? (Yes, he would not be able to grow good food anymore)
- Why do you think Cain did not do his best for God? (He cared more about himself than God, He was selfish)
- Do we ever think about only ourselves? Have you ever been angry that your brother or sister got the last cookie or a toy that you wanted? What did you do when you were angry about that?
- Why did Abel do his best for God? (He loved God)
- What can we do to make God happy? (Various answers are possible, but help children see we should always try to live in such a way that we make God happy: do our best for our parents, at school, etc.)
- Ask the children what would have been a better choice for Cain? (Do his best for God, not be angry that Abel did his best for God, etc.)
- Remind students that even though Cain got angry and hurt Abel, God still loved him, but Cain would still be punished. Sometimes our parents punish us to help us to learn how to act right. They punish us, but they still love us.

### **The Story Retold:**

- Tell students they are going to act out a play together.
- Tell students they will act out the story you tell in stages.
- Begin the story, “Once upon a time in a land called Water of Sweetness there lived \_\_\_\_\_ (fill in number of kids in the room) \_\_\_\_\_ children.
- Each child loved to play football.
- Each child also loved to eat food at their picnics.
- One day, \_\_\_\_\_ (Say a teacher’s name) \_\_\_\_\_ showed up at the picnic and gave each child a balloon.
- The children were so happy!
- Each child blew up their balloon so they could play with the balloons.
- After blowing up their balloons, each child drew a picture on their balloon of something that made them happy.
- The children loved to throw their balloons up in the air.
- One day, one child, \_\_\_\_\_ (Name of a Child) \_\_\_\_\_’s balloon popped.
- \_\_\_\_\_ (Name of Child with popped balloon) \_\_\_\_\_ was angry and he took \_\_\_\_\_ (Name of another Child) \_\_\_\_\_’s balloon and popped it.
- (Repeat the previous line until all the balloons are popped.)
- None of the children had a balloon left and each one was left angry and sad. They thought they would feel better from popping everyone else’s balloon, but they were not.
- Just when all the children were saddest, \_\_\_\_\_ (Name of Teacher) \_\_\_\_\_ showed back up to the picnic and had more balloons for everyone.
- Each child was happy, and promised not to hurt others when they were mad ever again. The End.

- Ask students how they felt when their balloons were popped.
- Were they angry at each other?
- Remind students that anger is normal, but we should never hurt others when we are angry because that hurts our friendships.
- Discuss with the children better ways to cope with anger. (Prayer, walk away, etc.)

### **The Story and Me:**

- Have Series Theme Verse printed on a poster board cut into several pieces.
- Hide the different pieces in the room.
- Let the students find the pieces of the Series Theme Verse and piece together the puzzle.
- Once they put their pieces together, have them say the verse together.
- Remind students that the verse helps us understand that, God will help you avoid wicked things like anger.
- Look at each student and say, “(Child’s Name), listen to what God says and you will live in peace.”