



OLD TESTAMENT: CAIN AND ABEL

Lesson 4

BIG IDEA

God is pleased with Abel’s offering and displeased with Cain’s. Abel is jealous and commits the first murder.

MEMORY VERSE

Psalm 8 and/or Genesis 4:7

KEY VERSES

Genesis 4

• PREPARATION & MATERIALS •

BIBLE SKIT

- Cast: TL wearing baseball cap. Bear wearing bear ears
- *Experience Mission will provide a baseball cap and bear ears.*

GAME - JUMP ROPE

- Jump ropes and/or long ropes
- disposable cup
- Sharpie pen
- bottle(s) of water

CRAFT - HAND PRINT LAMBS

- Black construction paper, one per child
- Chalk
- Cotton balls, about 12 per child
- Wiggly eyes
- Glue (Tacky glue would work best)
- Small paper plates or bowls for glue

WORKSHEETS

- Photocopies of Coloring Sheet (1 per child)



Psalm 8

Lord, our Lord, how majestic is your name in all the earth!



(extend hands to sides)

You have set your glory in the heavens.



(extend hands high)

Through the praise of children and infants you have



("stop" hand)

established a stronghold against your enemies,

To silence the foe and the avenger.



(index finger over lips)

(wiggle fingers both hands)

When I consider your heavens, the work of your fingers,



The moon and the stars which you have set in place,



(point to moon and stars)

What is mankind that you are mindful of them,



(shrug shoulders)

Human beings that you care for them?

You have made them a little lower than the angels



(flat hand at waist)

And crowned them with glory and honor.



(make crown with hands)

You have made them rulers over the works of your

hands;



(open hands)

You put everything under their feet:



(stomp feet)

All flocks and herds, and the animals of the wild,



(hands like claws)

The birds in the sky, and the fish in the sea, all that swim

the paths of the seas.



(hands together wiggle like fish)

Lord, our Lord, how majestic is your name in all the earth!



(arms up as if cheering)



OLD TESTAMENT: CAIN AND ABEL

BIBLE LESSON • SKIT

lesson 4

CAST

TL – wearing a baseball cap

Bear – wearing bear ears

SCRIPT

TL and Bear (enter from opposite sides)

Bear I am mad. I am so, so mad!

TL (Alarmed) What's wrong Bear? Why are you so mad? Is everything OK?

Bear No indeed. Everything is NOT OK. I am completely disturbed.

TL Care to tell me about it.

Bear You bet I'll tell you all about it! I've been working really hard for weeks and weeks on an art contest. My entry was this really cool robot made out of my treasures. You should see it. It's so cool. It has a huge, rusty spring for the body, old bent wires for the arms, long bolts for the legs and a busted baseball for the head. Then I glued my most special bottle caps for the eyes. It's awesome!

TL Sounds impressive! I'd love to see it some time. So, what happened that made you so mad?

Bear Theodore, my best friend, he won the contest!

TL Oh, I see.

Bear It's not fair. I should have won. My robot was way better; it had way rustier stuff than his did.

TL Bear, do you think you might be feeling jealous?

Bear Jealous?

TL Yes. Jealous. When you feel mean or resentful toward a rival or competitor.

Bear (Reluctant to admit it) I guess so. Maybe a little bit.

TL Bear, my friend, be very careful of jealousy. It can really damage relationships. In fact, the bible story I am going to tell you about today is a very sad story about how jealousy broke up a family. How about I'll tell you the story while you cool off a bit.



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BIBLE LESSON • SKIT (PAGE 2)

lesson 4

Bear OK.

TL Adam and Eve had two children. Cain was the first son and Abel was the second son. Cain was a farmer. He worked in the garden. Abel was a shepherd. He took care of the sheep.

One day both brothers brought special gifts to God. Cain brought some of the vegetables to God as a gift. Abel brought the best part of the best sheep as a gift to God. He gave his best to God.

God looked down and was happy with Abel and his gift. But God was not happy with Cain's gift. So Cain got very angry and began to feel....

Bear Let me guess, he was jealous?

TL That's right. He was feeling jealous. He had a mean feeling in his heart toward his brother. Do you know why God was not pleased with Cain's gift? He brought something that didn't show God how grateful he was to God. It was a gift that was second rate. What would you do if someone gave you a broken toy as a gift? Would you get excited about it? God wasn't excited about Cain's gift either. God said to Cain, "Why are you angry? Why do you have jealousy in your heart? Cain, do what is right; please don't do wrong."

Bear Gee, that was nice of God to talk to Cain about it. Did they work it all out? Did Cain get a second chance?

TL I wish I could say it all worked out fine, but Cain had an evil plan. He asked his brother to go into the field with him. While they were in the field, Cain attacked his brother Abel and killed him. Quickly he buried Abel in the dirt.

Bear (Shocked) He did what?!

TL He murdered his brother, Bear. He let that jealousy take over his heart and he let his anger control him. It was the first murder on earth.

Bear What did God do?

TL God said to Cain, "Cain, where is your brother Abel?" Cain replied in a smart-aleck voice, "I don't know. Am I supposed to keep track of where he is all the time?" God said, "What have you done? Listen! Your brother's blood cries out to me from the ground. You will be punished for this. No longer will the ground produce vegetables for you. You will be a wanderer—traveling from place to place." Cain started begging, "God, my punishment is too much. Someone will surely kill me." So God put a mark on him so that no one would hurt him. Cain left the area and the Bible does not tell us if Cain ever asked God to forgive him for the horrible choice he had made.



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BIBLE LESSON • SKIT (PAGE 3)

Lesson 4

Bear Oh, poor Adam and Eve. How sad God must have been!

TL You're right. Cain's sin separated him from God and his family. But God loves his people so much that He had a plan to help them. The only way to restore their relationship with Him was to find a way to take away our sin. God had a plan...and I'll tell you more about that later.

Bear I am defiantly not going to be jealous of Theodore any more. It would be terrible if that jealous, mean feeling took over and ruined our friendship. I think I'll go congratulate him right now.

TL That's a very good idea, Bear. I'll see you later.

DISCUSSION QUESTIONS

- Which son was born first, Cain or Abel?
- What work did Abel do?
- What work did Cain do?
- What offering did Abel bring?
- What offering did Cain bring?
- What did God prefer?
- How did Cain feel?
- What did Cain do?
- What could Cain have done instead?
- Have you ever felt jealous?
- What makes people jealous?
- What right choices can people make when they feel jealous?

• CRAFT •

OBJECTIVE: HANDPRINT LAMBS

Kids will use a copy of their hand print and cotton balls to make a lamb.

MATERIALS PROVIDED BY EM

- Scissors, staplers, rulers, hole punches

DIRECTIONS

Kids trace their hand on black construction paper using chalk.

Next, cut out the hand prints

Dip cotton ball into glue then place on the palm part of the hand print, this will become the fleece of the lamb.

Be sure to leave the fingers black, they will become the feet.

Keep the end of the thumb black, it will become the head.

MATERIALS BROUGHT BY TEAM

- Black construction paper, one per child
- Chalk
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EXAMPLE





OLD TESTAMENT: CAIN AND ABEL

GAME

Lesson 4

• GAME •

OBJECTIVE: JUMP ROPE

Play jump rope games using different size jump ropes and different jumping patterns.

MATERIALS BROUGHT BY TEAM

Jump ropes and/or long ropes, disposable cup, Sharpie pen, bottle(s) of water

DIRECTIONS FOR JUMP ROPE GAMES

JUMP THE SNAKE

Rope turners crouch and wiggle the rope from side to side. Jumpers attempt to jump over the wiggling rope without touching it.

JUMP ROPE RELAY

Divide the group into two (or more) teams. Each team is given a jump rope. First person in line jump ropes across the play area and back, handing the rope to the second person. Second person jump ropes across the play area and back, handing the rope to the third player, and so on down the line. The first team to complete the race wins.

HELICOPTER

One person holds one handle of the jump rope while the remaining kids circle around him. The rope holder lays the rope out and slowly spins it in a circle so the rope is on or just above the ground. Kids stand in one place and try to jump over the rope every time it comes to them. Players who step on or trip on the rope are eliminated. Last person standing becomes the spinner.

WATER SPLASH

Two players spin a long jump rope. Jumper holds a cup of water (draw measurement lines on the cup with a Sharpie before playing). Jumper jumps a pre-determined number of times (or rhyme) then measures how much water is left in the cup. Each player takes a turn. Player with the most water remaining in the cup wins.

SCHOOL

Two players pin the rope, the rest of the players take a turn to jump through the grades. For kindergarten, a player runs under the rope without jumping. For first grade the player runs in, jumps once and runs out. For second grade the player runs in, jumps twice and runs out. Three jumps for third grade, four for fourth, and so on. Players continue until they step on or trip on the rope. Players who make it through 12th grade win!



