

SUNDAY SCHOOL LESSON

Genesis

CAIN AND ABEL

Genesis 4:1-15

Elementary Lesson

Year One, Quarter One, Lesson Four

[0040]

AIM: to use the story of Cain and Abel to teach my students the importance of obeying God's instructions

OBJECTS TO HAVE: A "No Parking" sign
 A watch or a clock
 A price tag
 Your Bible

POINT OF CONTACT: Who likes to ride in the car? I do, too. Of course, when you drive a car, there are laws that you must follow. It is very important to obey the law. One law is that there are some places where you are not allowed to park your car. You are not allowed to park your car where there is a sign like this that says, "No Parking". Now, let's pretend that you are out driving your car, and you say, "I need to buy some apples." So you find a store, and you decide to go in and buy some apples.

The bad news is, first you have to find a place to park.

But the good news is, you finally find a parking space!

But the bad news is, the parking space is way far away, which means that you will have to walk a long way.

But the good news is, you find another parking spot right in front of the store.

But the bad news is, next to that spot there's a sign that says, "No Parking."

So you think..."I don't feel like walking...I'll just park here." Good news, right? Wrong, because when you come out of the store, there is a parking ticket on your car. So you go to court, and stand before the judge. And the judge says, "You parked in front of a 'No Parking' sign." You have to pay \$100." Then you say to the judge, "Your Honor, I know what the sign said. But I saw the sign and I thought, '**I have a better idea.**' I'll just park here for a few minutes, so I can run in and right back out."

Let me ask you...do you think that judge is going to agree with you, or is he going to make you pay the \$100? That's right...he's going to make you pay. **You have to do what the sign says.**

How many of you WALK to school? How many of you ride a bus or a van? Let's pretend that everybody is riding the bus to school. The bus driver says, "I will pick you up at 7:30." And you say, "7:30? That's WAY too early! **I have a better idea.** I'll just come out here and wait for the bus whenever I wake up." How many of you think the bus driver is going to sit there and wait until whenever you wake up every day? Of course, he won't! The bus doesn't wait for you, you wait for the bus, and not when you feel like it, but when the bus driver says. **You have to do what the driver says.**

Now let's pretend we're going shopping. We're going to go to the store and buy a gallon of milk. So we get the milk, and we look at the price tag, and it says, \$4.00. And I say, "\$4.00? You've got to be kidding." I go to the checkout line, and I say, "This price tag says that this milk costs \$4.00. But **I have a better idea.** I think two dollars is a better price for a gallon of milk. So I'm going to pay you two dollars." Do you think they're just going to let me pay what I feel like paying? No, they're going to make me pay the price on the price tag. **I have to pay what the price tag says.**

Today I'm going to tell you about two brothers. One of those brothers said, "I'm going to do what God said to do." But the other brother said, "I have a better idea."

STORY: Last Sunday I told you about Adam and Eve, the first man and the first woman. The Bible says that Adam and Eve had a baby boy, and they named him *Cain*. Then later they had another baby boy, and they named him *Abel*. Cain and Abel were good boys. They loved their parents, and they tried hard to obey them.

Adam, their daddy, was very careful to try to teach his boys, Cain and Abel, what God expected of them. Adam wanted his boys to grow up and be blessed of God. Adam knew that if his boys were going to be blessed of God, then they were going to have to do things God's way. So every day, Adam sat his boys down and instructed them about right and wrong. The most important lesson that Adam taught Cain and Abel was how to get their sins forgiven by God. That is the most important thing that any person can learn. Since we all have sinned against God, we must all know how to get our sins forgiven. Adam said, "Cain, Abel, listen to me carefully. God has said that if we want Him to forgive our sins, we must

offer a lamb to Him in sacrifice. When God sees the blood of that lamb shed, He will count that as the covering for our sin.”

Now, why did God require such a thing? Because God knew that some day He was going to send His Son, Jesus, to die for all of our sins. Jesus would shed His blood, dying in our place. Before Jesus came, people did not know how God was going to cover their sins, but they knew that He had promised to. So if they were trusting God to cover their sins, they needed to show God that they were trusting Him by sacrificing a lamb.

Over and over, Adam taught this to his sons, Cain and Abel. They heard their daddy teach this great truth many times. While they were young, Adam sacrificed lambs FOR them. But finally, Cain and Abel were grown men. It was time for them to offer their OWN sacrifices.

Cain grew up, and he decided that he was going to be a farmer, growing corn, tomatoes, beans, and squash. Abel grew up, and he decided that he was going to be a shepherd, taking care of sheep.

So when it was time for them to offer their sacrifice, Abel knew that he needed to shed the blood of an innocent lamb, to show God that he was trusting God to cover his sins. God let Abel know that He was very pleased with his sacrifice. Cain saw what Abel offered; and Cain thought about what his dad had taught him. And Cain said to himself, “You know, dad is a good guy, and he told me to sacrifice a lamb. **But I have a better idea.** Since Abel is a shepherd, it makes sense that he offers a lamb. But it doesn’t make sense for me to offer a lamb. It makes better sense for me to offer something that I have grown myself. So instead of shedding the blood of an innocent lamb, I’m going to offer to God some vegetables...a whole bunch of them, so God will know that I’m really thankful.”

Cain offered his vegetables...but God let Cain know that He was not pleased. This made Cain very angry. He was angry at God, and angry at Abel. God saw that Cain was angry, and so God came to Cain and He said, “Cain, you know what I said to do, but you did something different. If I do not accept your idea, it must be because your idea is sinful. If you would do things my way, I would bless you, and your brother would respect you.”

That wasn’t good enough for Cain. He was still bitter and angry. Cain refused to listen to God. So Cain took a walk in the field with his brother Abel. He pretended that he just wanted to have a nice friendly talk. But when Abel turned his head, Cain rose up...and killed him. Cain looked down at his brother on the ground, and his brother was dead. Cain looked around to make sure nobody saw him, and then he took off running.

Cain knew that what he had done was wrong, but he thought, “Since nobody saw me, I guess I’ll get away with it.” But it wasn’t too long before God called to Cain and said, “Cain, where is your brother?” Cain said angrily, “How should I know? Am I my brother’s keeper?”

God said, “Cain, I know that you killed your brother. Because you killed him, instead of turning to me and doing things my way, nothing is going to go right for you anymore. People are not going to treat you well, and your gardens are not going to grow right anymore. You are going to be an outcast because of your sin.”

What a tragic story! Cain had completely destroyed his own life. But where did Cain go wrong? He went wrong when he decided that he knew better than God.

God gave us the Bible so we would know how to do things His way. When we do things God’s way, He blesses our lives. When we say, “**I have a better idea,**” He cannot bless us.

How do we make sure that we are doing things God’s way? There are several things we ought to do:

1. Make sure we are where God’s Word is taught. Be in Sunday School and Church every Sunday.
2. Listen carefully to the teacher and the preacher. How do you listen? By sitting still, by not talking, by looking at the teacher, by keeping your hands still, and by hearing every word the teacher says.
3. Obey what we learn. Don’t just hear it, but do it. Go home and put to work what you hear in church. God’s Word will make a difference for you, but only if you obey it.
4. Don’t listen to anything that disagrees with God’s Word. Many people think they know a better way than God’s way, but they are wrong. Don’t listen to people who don’t listen to God.

Let’s learn our memory verse. **Romans 6:23 – For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord.**

SUNDAY SCHOOL LESSON

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CAIN AND ABEL

Genesis 4:1-15

Teen and Adult Lesson

Year One, Quarter One, Lesson Four

[0040]

Teacher, choose one of the following truths to expand upon in teaching this portion of Scripture to your teen/adult class. Teach and apply the truth that you choose using statements and illustrations that are most helpful and applicable to your students.

- I. EVERY CHILD IS A GIFT FROM GOD. 4:1. The name “Cain” means “possession.” Eve cherished her gift from God as a sign of His mercy in spite of her sin. Certainly Eve was justified to cherish this baby; but we should not cherish any less every son and daughter that God gives to us as a special “possession,” for they are no less a gift from God. Every time a child is born we ought to say, as Eve did, “I have gotten a child from the Lord.”
- II. EACH OF US DETERMINES OUR OWN DESTINY. Cain deserves no credit for the fact that he was the first human to be born; but he does deserve the blame for the fact that he committed the first murder. In one man is found both a monumental honor and a monumental crime. We must recognize the great gifts that have been given to us, for which we deserve no credit, and be sure that we are not guilty of turning those gifts into tragedy.
- III. GOD HAS THE RIGHT TO TELL ME HOW TO PLEASE HIM. 4:3-7. Though Cain had no doubt been taught about offerings by his father Adam, at some point he decided that he had a better idea, that it made more sense for him to give of his best from what he had produced. He ignored the fact that God required a blood sacrifice. Even when he was rebuked by God about the matter, he refused to deal with his sinful error. Cain, like many of us, could not accept the simple truth that God has the total right to tell us how to please Him, and to demand that we come to Him on His terms and not on our own.
- IV. CONVICTION FROM GOD PAINTS A CLEAR, SIMPLE PICTURE. 4:6,7. This appeal from God to Cain after Cain’s sin is the same basic appeal that God makes to each of us when He convicts us of sin:
 - A. Your sin has brought you sorrow. *Why art thou wrath? and why is thy countenance fallen?* This is God reminding us that there is a reason for our bitter spirit, and that we ought to examine our own hearts.
 - B. The difference between God’s blessing and His curse is the difference between obedience and disobedience. *If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door.*
 - C. There is still hope to change. Notice that God’s appeal to Cain in verse 7 is not past tense, but present. God was not giving up on Cain; rather, He was showing him how to change. **CAIN GAVE UP ON HIMSELF!**
- V. WHEN I REFUSE TO DEAL WITH GOD’S CONVICTION, MY SIN WILL GROW MORE COMPLICATED. 4:8-12. Cain ignored God’s voice, and took his sin further than it should have ever gone. Cain brought heartache upon himself, upon his parents, and upon a long line of descendants. When I ignore God’s voice, my sin will eventually destroy my life and the lives of those I love.

Cain and Abel

Genesis 4:1-15

[0040]

Spiritual Rebellion Leads to the First Murder

I. GENESIS 4:1-2 The Sons

- 1 Cain is the first human born by natural childbirth
- 2a Abel is the second-born
- 2b Abel becomes a shepherd; Cain becomes a farmer

II. GENESIS 4:3-4a The Offerings

- 3 Cain offers the fruit of the ground
- 4a Abel offers a blood sacrifice

III. GENESIS 4:4b-5 The Results

- 4b God accepts Abel's offering
- 5a God rejects Cain's offering
- 5b Cain is angry at God's rejection

IV. GENESIS 4:6-7 God Confronts Cain

- 6 God urges Cain to consider his own anger
- 7a "Your actions bring or block my blessing"
- 7b "Your actions affect your relationships"

V. GENESIS 4:8 Cain's Crime

- Cain's anger shows that he ignored God's instruction
- Cain takes his anger at God out on his brother
- Cain's anger drives him to murder

VI. GENESIS 4:9-15 God's Punishment

- 9 Cain is still angry at God
- 10 Abe's blood calls out to God
- 11-12 God curses Cain's efforts
- 13-14 Cain fears human vengeance
- 15 God mercifully protects Cain

Romans 6:23

For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord.

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Unscramble the key words and phrases from today's Bible lesson.

INAC _____

LEBA _____

MADA _____

MALB _____

CIFICARES _____

DLOBO _____

DEPRESHH _____

GEVETALEBS _____

YGARN _____

DILLKE _____

*For the wages of sin is death; but the gift of God is eternal life
through Jesus Christ our Lord.*

ROMANS 6:23

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The answers to today's puzzle

INAC

C A I N

LEBA

A B E L

MADA

A D A M

MALB

L A M B

CIFICARES

S A C R I F I C E

DLOBO

B L O O D

DEPRESHH

S H E P H E R D

GEVETALEBS

V E G E T A B L E S

YGARN

A N G R Y

DILLKE

K I L L E D