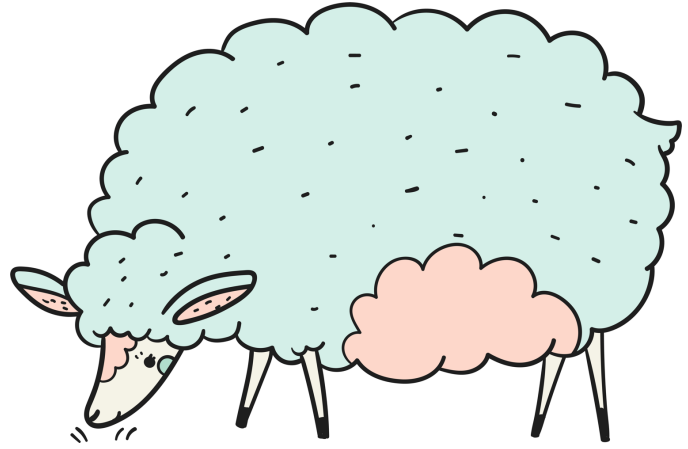


Cain and Abel

(Genesis 4)



The First Family

Adam's wife Eve became pregnant and gave birth to a baby boy named Cain. Eve said, "With the Lord's help, I have given birth to a man." After that, Eve gave birth to Cain's brother Abel. Abel took care of sheep, and Cain became a farmer.

Later, Cain brought some food from the ground as a gift to God. Abel brought the best parts from some of the firstborn of his flock. The Lord accepted Abel and his gift,⁵ but he did not accept Cain and his gift. So Cain became very angry and felt rejected.

The Lord asked Cain, "Why are you angry? Why do you look so unhappy? If you do things well, I will accept you, but if you do not do them well, sin is ready to attack you. Sin wants you, but you must rule over it."

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

Later, the Lord said to Cain, "Where is your brother Abel?"

Cain answered, "I don't know. Is it my job to take care of my brother?"

Then the Lord said, "What have you done? Your brother's blood is crying out to me from the ground. And now you will be cursed in your work with the ground, the same ground where your brother's blood fell and where your hands killed him. You will work the ground, but it will not grow good crops for you anymore, and you will wander around on the earth."

Then Cain said to the Lord, "This punishment is more than I can stand! Today you have forced me to stop working the ground, and now I must hide from you. I must wander around on the earth, and anyone who meets me can kill me."

The Lord said to Cain, "No! If anyone kills you, I will punish that person seven times more." Then the Lord put a mark on Cain warning anyone who met him not to kill him.

Puppet Script- Cain and Abel

(Have some fun and act this out!)

Cain was born to Adam and Eve. (Adam and Eve appear with baby)
They rocked him in his cradle.
Then after Cain they wanted two
Soon came his brother Abel. (Adam and Eve leave and baby Abel appears)

They laughed and played, sang silly songs, (little Cain and Abel play)
Got into trouble too. (they fight)
Then Eve would scold her precious sons (Eve appears and scolds)
Just like our mother's do. (Eve leaves)

"I love the frisky, wooly lambs.
Just watch them jump and play,"
Laughed Abel as they licked his hand.
"I'll have some sheep someday."

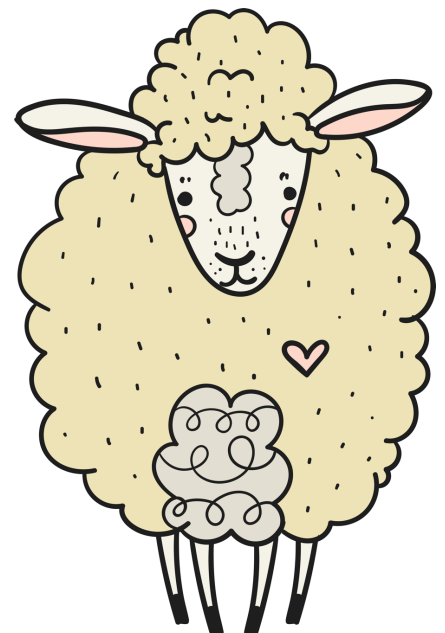
"That's good!" crowed Cain and clapped his hands.
There wool will keep us warm.
Then I will plant and gather all
Our food from my own farm." (Holds corn in his hand) (they exit)

When they were grown, then Abel said, (grown Abel appears with sheep)
"The best of lambs I'll give
In sacrifice with love to God
As long as I shall live."

Cain said, "I guess that I should too. (grown Cain appears with grain)
I'd really rather not.
Instead I'll give some grain and fruit
That I won't miss a lot."

Then God looked deep into their hearts. (They both freeze)
In Abel's he saw love.
Cain's heart was hard—and selfish too—
No respect for God above.

So God accepted Abel's gift, (Abel disappears)
But Cain's gift he refused.
Cain hung his head and kicked the dirt
And scowled. He was confused.
"Why are you mad and scowling so?
You could be glad," God said.



“You will be when you do what’s right
And give your best instead.”

“Now sin is like a monster huge
That’s crouching by the door.”
Then God said, “You can master it.
I’ll help you win that war.”

Cain searched for Abel. Then he said, (Abel appears)
“Out to the field, let’s go.” (They both move left, Abel first with back to Cain)
And when they got there, Cain attacked—
Killed Abel with a blow. (Cain strikes Abel in head and Abel disappears)

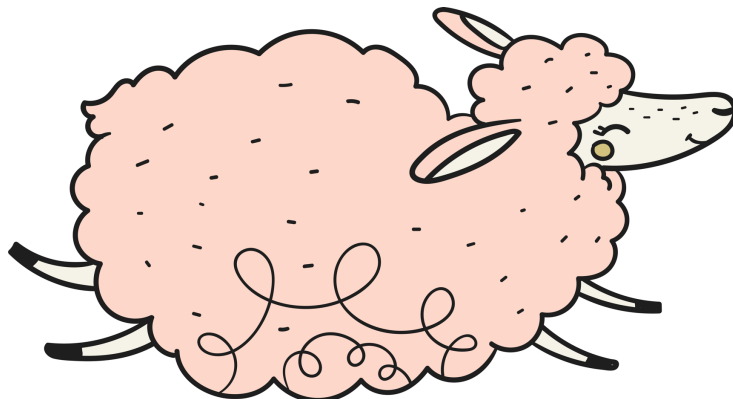
Then God asked Cain, “Where’s Abel now?”
Cain lied, “I do not know. (Cain looks up)
Am I my brother’s keeper, Lord?”
God said, “You’ll have much woe--

Because I know the truth. You killed
Your brother with your hand. (Cain hangs his head)
Now you’ll have no home or friends.
You’ll wander through the land.”

“This punishment I cannot bear. (Cain looks up and replies)
I’ll be alone!” cried Cain
“Without you, God, and with no home
By strangers I’ll be slain!”

“You won’t be killed.” God soothed Cain’s fear.
“Although your sin is great,
You’ll wear My mark of mercy, Cain—
Protection against hate.”

Though Cain had sinned, God loved him still. (Cain disappears)
The killing was not right.
But God through Jesus, does forgive
And loves us day and night.



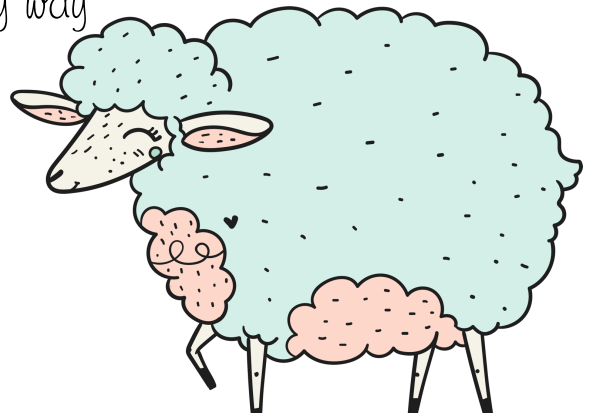
Abel let his light shine by giving his best!
Let's let our lights shine for God!

This Little Light of Mine

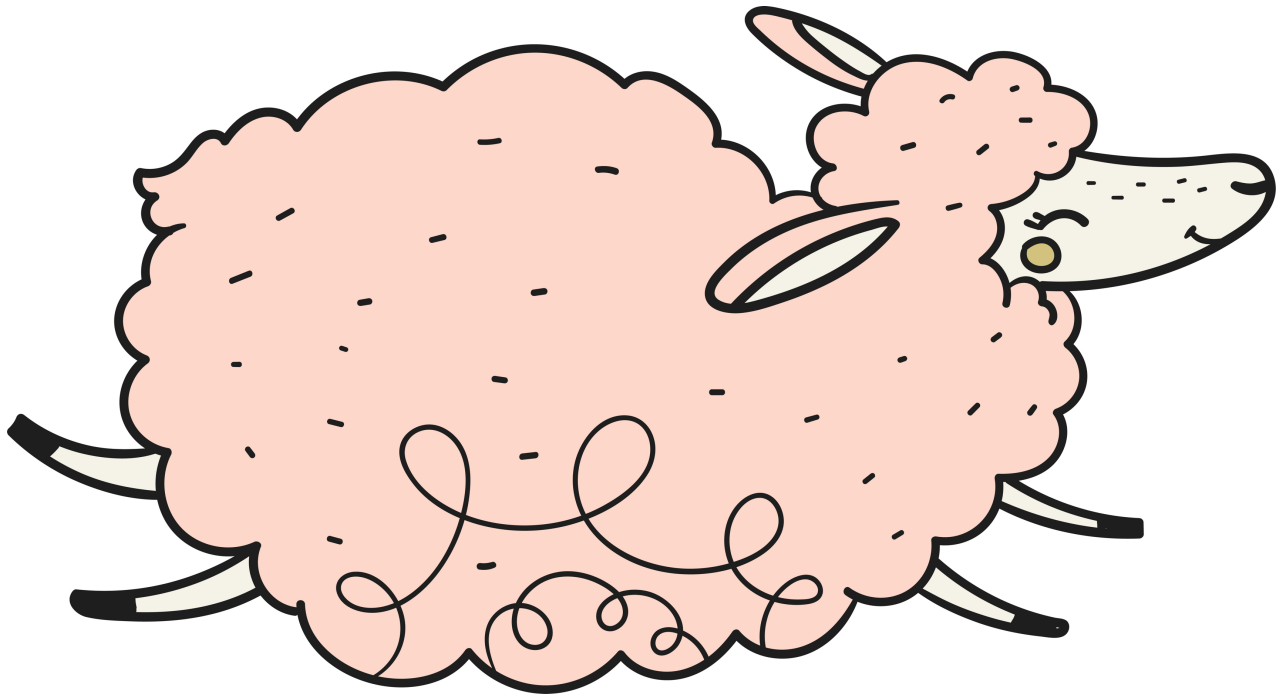
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Every day, Every day, every day and every way
I'm gonna let my little light shine!

On Monday He gave me the gift of love
On Tuesday His peace came down from above!
On Wednesday He told me just what to say
On Thursday He taught me just how to pray
On Friday He gave me a little more faith
On Saturday He gave me a lot more grace
On Sunday He gave me the power divine to let my little light shine!

This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Every day, Every day, every day and every way
I'm gonna let my little light shine!



Cain and Abel Memory Verse

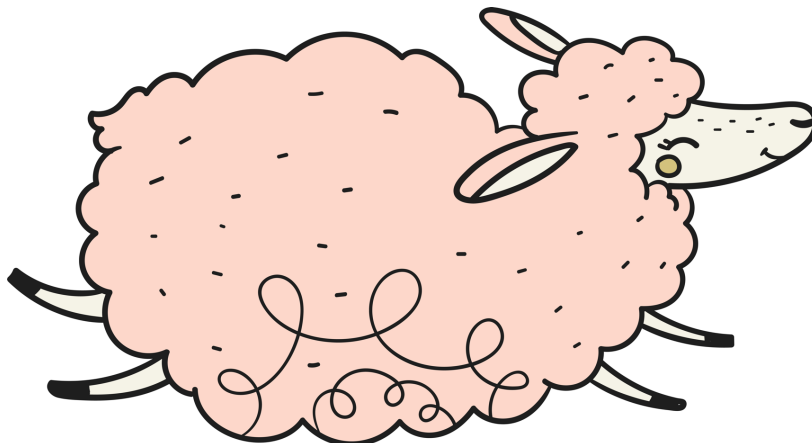


“By faith Abel offered to God
a more excellent
sacrifice than Cain”
Hebrews 11:4

Cain and Abel Application Questions

If we trust in God and obey him, God will be happy!

1. What are some ways we can make God happy?
(help people who need help, obey our parents and teachers and try hard not to disobey them, be friendly and kind to people we meet, share our toys, try hard in school and in Bible class)
2. Can any of you tell a story of a time you obeyed your parents and made them happy? (stories)
3. Can any of you tell a story about a time you or someone you know disobeyed and made God unhappy? (stories)
4. Cain disobeyed God. Do you think that made his mommy and daddy sad? When you disobey, does that make your mommy and daddy sad? (yes)
5. Cain and Abel were brothers, sons of Adam and Eve. What can you do to get along with your brothers and sisters? (be kind, share, etc.)
6. If you don't have brothers or sisters, how can you try to get along with your friends? (share your toys, etc.)



Cain and Abel Craft Ideas!



Make Abel's sheep out of LEGO'S

<https://www.youtube.com/watch?v=9oAnMryLbQE>



Top homemade or store bought cookies with mini marshmallows to make Abel's sheep REALLY sweet!

<http://www.kraftcanada.com/recipes/little-lamb-sugar-cookies>



Make sheep masks out of paper plates and white cotton balls! Use the cut out center for the ears!

<https://www.danyabanya.com/paper-plate-sheep-mask-craft-activity-kids>



Make Abel's sheep out of cotton balls and your handprint!

<https://healthymamainfo.com/2013/05/handprint-sheep-craft/>



Make a sheep out of banana slices and grapes! YUM!!!!

<https://kitchenfunwithmy3sons.com/sheep-fruit-snack/>

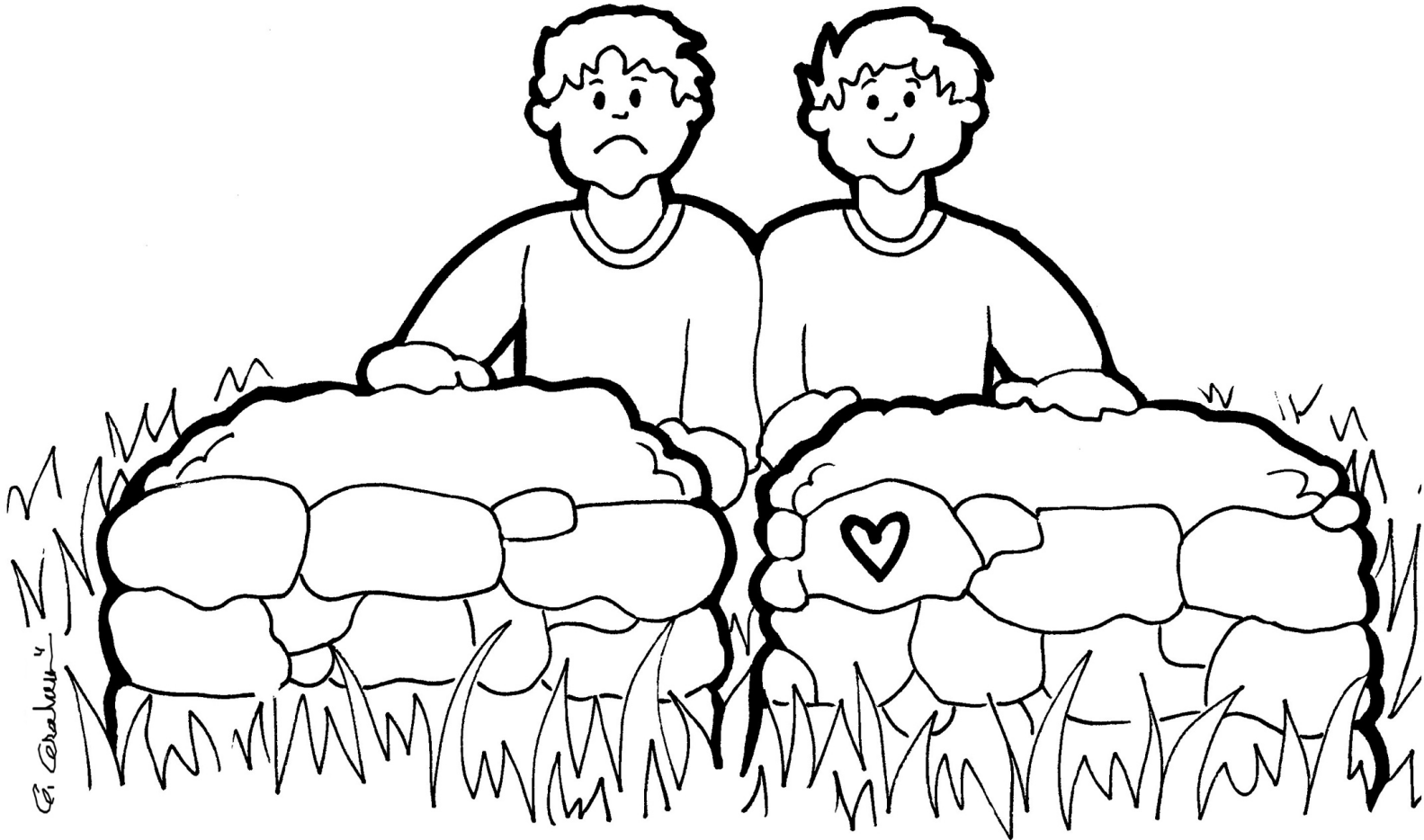


Make a sheep out of paper plate, cotton balls and black paper!

<https://pagingfunmums.com/2016/08/18/paper-plate-sheep-craft/>

TWO OFFERINGS

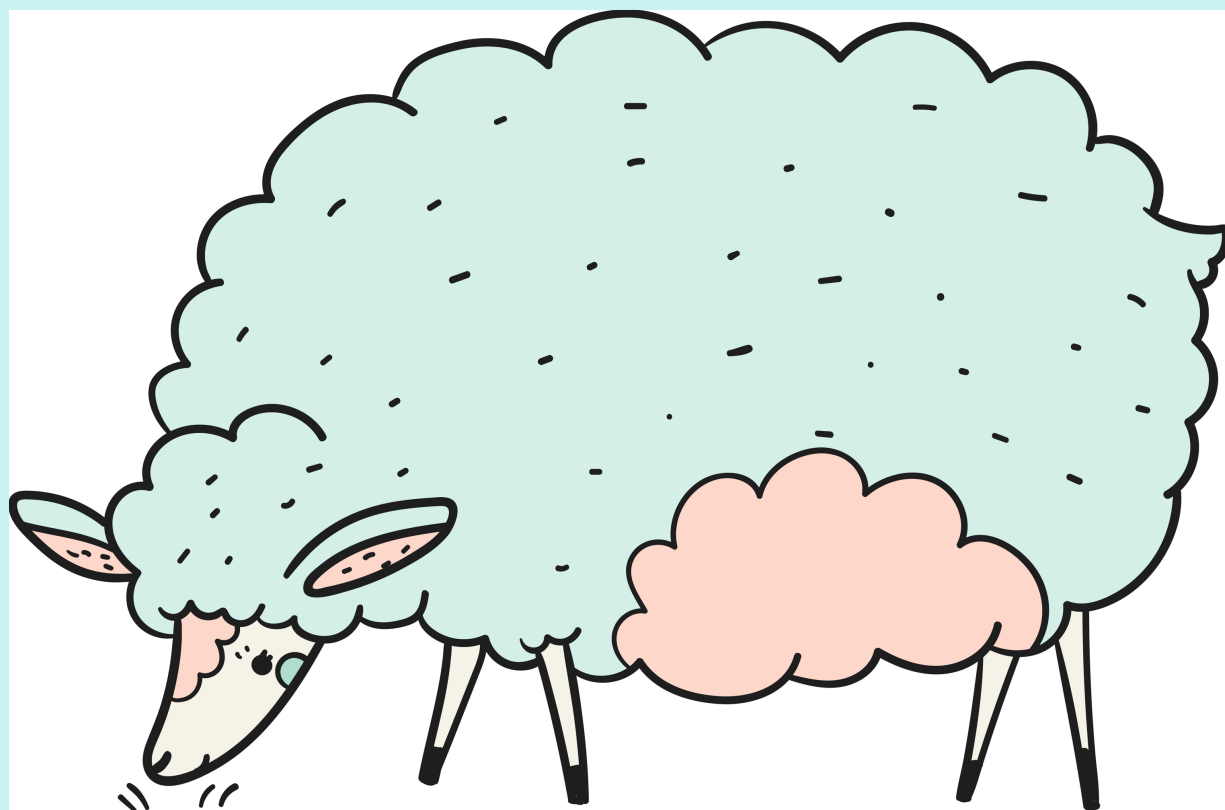
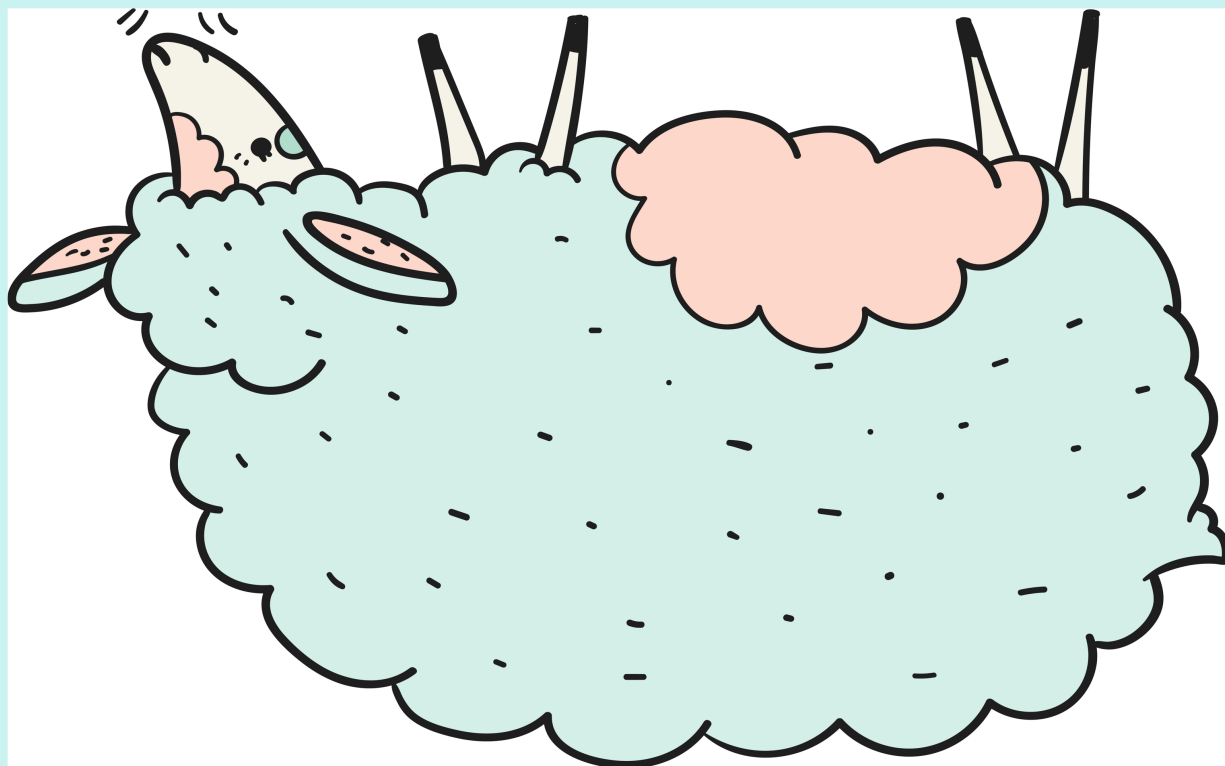
Cain & Abel



Cain and Abel offered two different sacrifices to the Lord. One obeyed the Lord's instructions and one did his own thing.
Draw what each brother placed on his altar.

Print, cut, and fold to make Abel's sheep stand!

Give God your BEST!!!



Great job Hollis and Kolby on your Adam and Eve crafts!



Hey, my sweet Valley View kids!
Let's see your crafts! Send me pictures!