WEEK 6

Cain and Abel

Big Idea: God is loving. I will obey Him.

Memory Verse
***"If anyone loves Me, he will keep My word"* (John 14:23).**

Word of the Week
"Obey" - To obey means to follow a command. When we drive in a car, we obey the road rules so we can stay safe. To obey God is to always follow God's way, not my way.

This week's lesson
is based on **Genesis 4:1-15** and *Patriarchs and Prophets*, pp. 71-79.

Sunday

The First Family

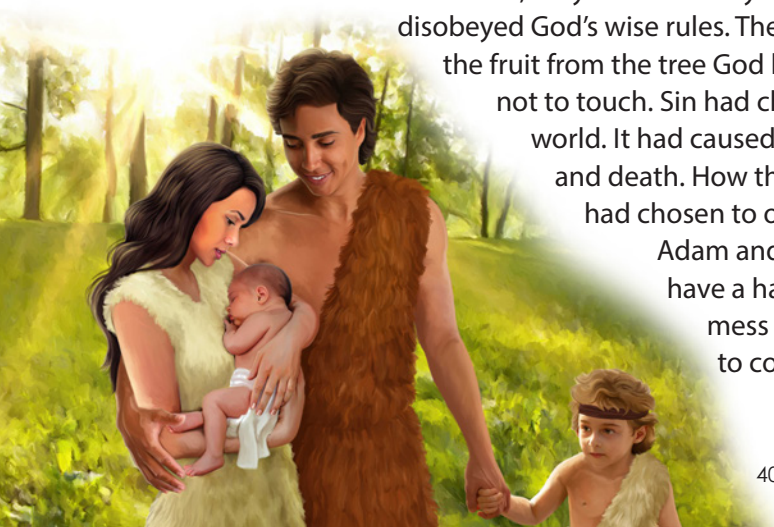
Ten little fingers, 10 little toes, two sleepy eyes, and a cute button nose. Eve wrapped her teeny baby boy in a cloth and stroked his head until his eyes grew heavy and he fell fast sleep.

Adam and Eve were so happy. God wanted them to have a loving family and had blessed them with such a sweet little baby. They named him Cain. Every day Cain grew bigger. He grew and grew, until he was a little boy who could run, jump, talk, and play.

One exciting day Cain became a big brother! What was his baby brother's name? Read the first part of **Genesis 4:2**.

Adam and Eve loved their boys with all their hearts. They laughed and played with them, and told them wonderful stories. Adam and Eve especially loved telling Cain and Abel about the beautiful Garden of Eden. And how they had walked and talked with God face to face.

Then with sadness in their voices, they told their boys how they had disobeyed God's wise rules. They had eaten the fruit from the tree God had told them not to touch. Sin had changed their world. It had caused sadness, pain, and death. How they wished they had chosen to obey God instead of listening to the serpent in the tree.



Adam and Eve hugged Cain and Abel tightly. Their story would have a happy ending. God had promised to save them from the mess of sin! Bowing together, they thanked God for His plan to come and die so that they could be saved.

I Wonder

» What's a favorite story that your family tells you? Why do you like it?

» Why do you think Adam and Eve told Cain and Abel about their big mistake?

Prayer Idea
Thank God that He is big enough and strong enough to save us!

Do
Tell a young friend the story of Creation, sin, and how Jesus died to save us.



Monday

The Family Altar

Adam added a big stone to the pile. One, two, three, four . . . He counted all the stones. Yes, that looked perfect! This special pile of stones was called an altar.

God had asked Adam and Eve to build the altar. They were to place a pure lamb on top and say they were sorry to God for their sins. God would send down fire to burn the sacrifice, and He would forgive them.

Adam, Eve, Cain, and Abel obeyed God. They would come to the family altar together, bringing a lamb. This special offering reminded them of God's promise. God's Son would be just like that lamb—perfect and pure. Jesus would come and die on the cross so that sins could be forgiven.

With God's help, Adam, Eve, and their boys would do their best to obey His ways. But they would still make mistakes—just like us. Would God's love ever change? Read **Psalm 136:26**.

Little Cain and Abel followed their parents back home from the family altar. They skipped along, smiling. It was so good to be forgiven!

God loves to forgive anyone who says, "I'm sorry; please forgive me." The Bible says that when people do this, "He will freely forgive them" (Isaiah 55:7, ICB).

I Wonder

» The Bible sometimes calls Jesus "the Lamb of God." How is Jesus like a lamb?

Prayer Idea

Tell your sins to Jesus and ask Him to forgive you. Thank Him for loving you forever.

Do

Using either chalk on a chalkboard or a lead pencil on paper, do a giant scribble. Really make a mess! This is like our hearts when we don't obey God's way of love. Now ask God for His forgiveness and rub it all clean with a cloth/eraser.

Memory Verse

Tuesday

Choices, Choices . . .

Cain and Abel stood up tall beside Adam. They had grown so much! They weren't little boys anymore.

They had lots of things to do on their own now. And lots of choices to make. Would they obey their mother when she asked them to collect a jar of water? Would they speak kindly to each other and use gentle hands? Would they tell their father the truth? Would they work hard? Every choice they made changed them little by little.

Big brother Cain chose not to listen to anyone else because he thought his way was best. He even began to think that he was good enough and strong enough to save himself. Adam tried to help Cain make better choices, but Cain wouldn't listen.

As Abel grew bigger, he chose to learn about God and get to know Him. He chose to obey God and his parents. Following God's rules of love made him happy.

Every day Abel grew more humble, gentle, and loving toward God and his family.

God is always there to help us make good choices. He says, "I will strengthen you, yes, I will help you" (Isaiah 41:10).

Choosing God's way is always the best way. What does the Bible say about this? Read the first part of **Joshua 24:15**.

I Wonder

» How do you think others in the family felt when Cain chose his own ways?

» How do you think others in the family felt when Abel chose to follow and trust God?

Prayer Idea

Ask God to help you to live His way.

Memory Verse

Parent Faith Talk

Wrap sewing thread once around your child's wrist. See if they can break it. Wrap another length around twice. Can they break it? Then wrap it 10-15 times and see if they can break it. Now it's really strong! One bad choice like Cain's would be easy to "break." But repeating it can become a habit that is hard to break.





Wednesday

Grown-up Choices

Abel gently petted the little lamb that sat on his lap. He loved being a shepherd even if the sheep were sometimes a bit naughty!

In the distance he could see Cain, working hard digging the soil and planting a new field full of seeds. Cain was a really good farmer. He grew yummy fruit and vegetables for the whole family.

Cain and Abel were even taller now! They were big, strong men who did their jobs well. They were big enough to build their own altars and be sorry for their own sins. Would they still obey God when they offered their sacrifices?

One morning Abel took his lamb out to his altar, just as God had asked him to do. He asked God to forgive him for his bad words and sinful thoughts. Abel knew that God is loving and he wanted to obey Him.

God sent down a blazing fire from heaven to show Abel that He had heard and forgiven him. Abel was so thankful!

Then it was Cain's turn. What did he put on the altar? Read **Genesis 4:3**.

Fruit? That wasn't what God had asked Cain to put on the altar. Fruit showed only what Cain could grow. It was nothing like the lamb offering that showed what God's Son would do one day.

Cain waited and waited for the fire from heaven . . . but there was nothing. He looked up. Nothing. He looked around. Nothing.

Cain noticed Abel's altar burning brightly, and he "became very angry" (Genesis 4:5, ICB). He glared at his brother.

How unfair! he thought. Cain wasn't sorry at all—he was just angry, proud, and stubborn.

I Wonder

» Have you ever been angry instead of sorry because you had done wrong?

» What made Cain so angry?

Prayer Idea

Ask God to help you make good choices that will lead to happiness.

Do

With help, write "I'm so sorry, Jesus" on a piece of paper. Pray these words quietly to God. Then ask an adult to safely burn up the paper. When Jesus forgives us, He takes our sins away completely.

Memory Verse

Thursday

A Very Sad Day

Cain was angry! God had not burned up his offering, made his way. What had Abel done differently from Cain?

Abel tried to help his brother. With kind words he reminded Cain to choose a lamb sacrifice that would please God, but Cain wouldn't listen. Instead he just got angrier at Abel. *How dare his little brother try to tell him what to do!*

Even God came down to Cain and tried to talk to him. What did God ask? Read **Genesis 4:6**. But Cain didn't listen to God, either!

Instead Cain let his hate grow larger and larger, like a balloon. And while he was out in the field with Abel, his anger exploded, and he chose not to follow God's rules of love. He hurt Abel so badly that Abel died. Cain ran away. But God saw what had happened.

"Where is your brother Abel?" God asked Cain.

"I don't know," Cain lied (Genesis 4:9, ICB).

God knew what Cain had done. He had seen everything, and it made Him very, very sad. God told Cain that he would have to leave his home and live far away in a land called Nod.

When Adam and Eve found out, their hearts broke. Their loving Abel was gone, and Cain had to go far away. What a sad, sad day. When we disobey, sadness comes to our home too. But Jesus forgives us when we say, "I'm sorry; please forgive me." He can make our hearts happy again and help us to obey Him.

I Wonder

» Could Cain have made a different choice—a better choice?

» How do your good choices/bad choices make your family feel?

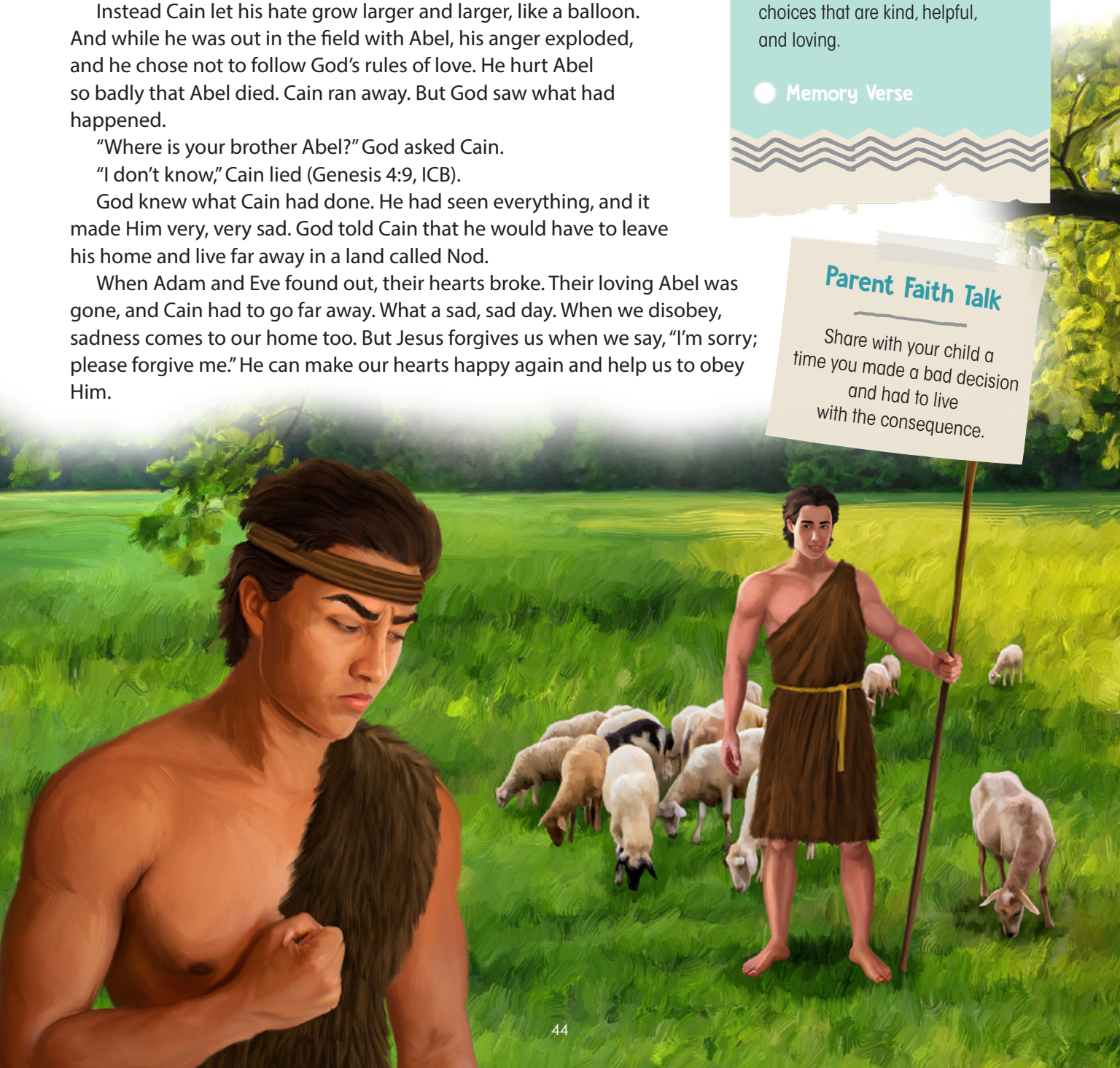
Prayer Idea

Ask Jesus to help you make good choices that are kind, helpful, and loving.

Memory Verse

Parent Faith Talk

Share with your child a time you made a bad decision and had to live with the consequence.





Friday

Sadness and Gladness

Eve wiped away a tear. She missed her happy shepherd boy, Abel. She missed her strong gardening boy, Cain. Adam missed them too. Cain's bad choices had hurt everyone.

But God was close to Adam and Eve when they were sad. He loved them very much. And He had a plan to bring them joy again!

God gave Adam and Eve another precious baby. It was another boy! What did they name him? Read **Genesis 4:25**.

Oh, how he looked like his daddy, Adam! As Seth grew, he loved and served God. He made good choices. When he grew up, he taught his sons to love God too. The Bible says, "At that time people began to pray to the Lord" (Genesis 4:26, ICB). Soon many people worshipped God because of Seth's good choices.

God can help us make good choices too. When other people see the good choices we make, they might want to worship our loving God too.

I Wonder

» What good choices did you make today?

» Do you love God? What does our memory verse say will happen when we love God?

Prayer Idea

Ask God to help your actions show others that you love Him.

Do

As a family, sing some of your favorite songs about God. Do any of these songs tell you about making good choices?

Memory Verse

Family Journal

Brainstorm in your journal things you make choices about every day. These things can be written as words or drawn as pictures (e.g., clothes, food, words). When you have finished brainstorming, discuss each one. Ask, "How can we do this God's way?"

For You, Parents

"God has given us the power of choice; it is ours to exercise. We cannot change our hearts, we cannot control our thoughts, our impulses, our affections. . . . But we can *choose* to serve God, we can give Him our will; then He will work in us to will and to do according to His good pleasure" (Ellen G. White, *The Ministry of Healing*, p. 176).

Object Lesson 1:

Wise Words

Invite your child to put their hands in cold water. This is like a person who is peaceful and calm. Take their hands out and pour some water into a saucepan and place it on the stove to boil (hot water will quicken the process). Ask your child to stand back and be careful as they watch what happens as the water gets hotter. Share that sometimes people can say unkind words as it starts to boil, such as "You can't play with me"; or "I don't want to be your friend." We should never talk like this to others. Pause between each statement and comment on the water beginning to boil. Explain how harsh words are like a person who is getting more and more angry, until finally things "boil" over.

Then take the water off the heat. As you do so, share some phrases that help things to "cool" down again, such as "I'm sorry." "Please forgive me." "That was my mistake." "I want to be your friend." As you say these, add cold water to the hot water until your child can safely put their hands in the water again to feel its coolness. Talk about how important it is to be kind and caring toward others.

Then brainstorm some kind, peaceful words you would like to have in your home. Write each on a separate piece of cardstock. Decorate each word card and hang them around your home to remind you all to use these types of words.

The consequence of your good-word choices will be a kind, peaceful, happy home where hearts feel safe, loved, and honored.

Object Lesson 2:

Fill It Up!

For Sabbath lunch, prepare some food that you need to fill before it's complete and delicious (e.g., tacos, ravioli, sandwiches, spring rolls, dumplings, rice paper rolls, sushi, stuffed potato).

Talk about how we must never depend just on ourselves. Instead we should always remember how much we need Jesus each day.

Ask God to fill your hearts with His flavorful presence as you eat lunch!

