

Cain and Abel

(Genesis 4: 1 - 16)

Verse to memorize : (Ephesians 4: 26)

"Be angry, and do not sin. Do not let the sun go down on your anger."

The Story:

After Adam and Eve had been banished from the Garden of Eden, they had two sons. They called the older Cain and the younger Abel. When they grew up, Cain became a farmer, and Abel a shepherd. One day, they decided to bring presents to offer to God. Cain



brought a sheaf of corn and Abel offered a new-born lamb. God saw the kind of people the two brothers were. He knew that Abel loved and trusted him, so he accepted his gift. He also knew that Cain was proud and not kind, so he refused his present. Cain was furious. He wanted to disappear from the presence of God. But God spoke to him: If you had done right, I would have accepted your present and you would have been happy now. You must fight against evil.

Cain was very jealous of Abel. He decided to get rid of him. He asked him to go out in the fields together, and there, he turned on him and killed him.

God asked Cain: where is your brother? Cain Answered: I do not know? Am I supposed to look after him all the time?

God told Cain: why have you done such a terrible thing. Your brother's blood cries out for justice. And this will be your punishment: The earth will no longer grow fine crops for you. You will become a homeless wanderer for the rest of your life.

So Cain went away from his farm, his home and from God for the rest of his life.



Notes on this Story:

- § Anger appears not to be a big sin, yet, if not controlled, it leads to the worst sins.
- § One sin leads to another. Cain was angry, so he did not listen to the warning of God when he told him that he must overcome sin. Thus he let his hatred and jealousy rule him, driving him to kill his brother. Finally, to try to hide this, he lied to God when he asked him about Abel.
- § The result of sin (which started simply by anger) was devastating: Cain lost his brother, his family, his home, his land and the presence of God.

The Lesson:

- § Try not to be angry, and if you are, do not let your anger control you, but, with the help of Jesus, try to control it.