



# Cain Rebels against God

Genesis 4:1–15



## LESSON GOAL

Students will understand that God punishes sinful attitudes and actions.

## BIBLE TRUTHS

- Abel offered a sacrifice from a heart pleasing to God (Gen. 4:4).
- Cain offered a sacrifice from a sinful heart (Gen. 4:5).
- God was pleased with Abel but not with Cain (Gen. 4:4–5).
- The Lord warned Cain (Gen. 4:6–7).
- Cain rebelled against God by killing his brother (Gen. 4:8).

## KEY VERSE

“And the LORD respected Abel and his offering, but He did not respect Cain and his offering” (Genesis 4:4–5).

## APPLICATION

- Repent from your first sin. Don’t keep sinning!
- Serve the Lord with gladness and obey His Word.
- Remember that God will punish sinners.
- Love the Lord with all your heart.

## NEXT WEEK

God Floods the Earth  
Read Genesis 6:5–7:24.

### Symbol Key



Craft



Finger Play



Memory Verse



Object Lesson



Game



Visual Aid



Center



Activity



Q & A



Age Group

# Teacher Planning Sheet

## PREPARE

Objectives/Truths to cover this week

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Personal Application

*As a result of my study in this passage, God wants me to*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Three ways students need to apply this passage are*

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- \_\_\_\_\_
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## Materials Needed

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## POINT

*Choose from various ideas to point students to the coming Bible lesson.*

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- \_\_\_\_\_

## PROCLAIM

*Choose from various ideas to proclaim the Bible lesson.*

### Presentation Ideas

- \_\_\_\_\_
- \_\_\_\_\_

### Praise/Music Ideas

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PRACTICE

*Choose ideas to help review and apply today's lesson.*

- \_\_\_\_\_
- \_\_\_\_\_

## PREPARE WITH THE TRUTH

*“Therefore you shall lay up these words of mine in your heart and in your soul.... You shall teach them to your children” (Deuteronomy 11:18–19).*

Please take time to prepare your mind and heart to accurately handle the truths of God’s Word (2 Tim. 2:15). Read through the Bible background and study the truths contained in this lesson. Crucial background information is included here to aid you in understanding the Scripture.

### Bible Background

Adam’s nakedness was a source of shame for him in his fallen condition, and he sought to reduce its effects by covering his nakedness with fig leaves. When confronted by God and compelled to confess his sin, he was without hope and knew he must die. Yet God delivered Adam from his deserved end by killing an animal in his place and using its skin to make a garment to cover his nakedness. God was, in effect, delivering Adam from his guilt and shame by offering an acceptable sacrifice and making an acceptable covering for his sin. We can see here that God delivers His people from guilt and shame by means of an acceptable sacrifice. In the account of Cain and Abel, we will see that God is concerned with man’s heart attitude.

The account of Cain and Abel emphasizes the heart attitude of the offerer. Cain brought “fruit of the ground” (Gen. 4:3), apparently random samples of what he had grown, to the Lord. Abel, on the other hand, brought “of the firstborn of his flock and of their fat” (4:4). Abel cared enough to give the very best he had, and so the Lord looked with favor on both him and his offering. But because of Cain’s careless and indifferent attitude while bringing his offering, God “did not respect” (4:5) either him or his gift. Unlike Cain, Abel was motivated by faith in God. “By faith Abel offered to God a more excellent sacrifice than Cain, through which he obtained witness that he was righteous” (Heb. 11:4). The Old Testament teaches that God will reject even the most perfect sacrifice if that sacrifice is offered by an apostate heart (Isa. 1:11–13; Hos. 6:6; Mic. 6:6–8). Samuel says, “Has the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to heed than the fat of rams” (1 Sam. 15:22).

Cain could have responded to God by expressing a heartfelt desire to humbly obey Him from that time forward. Instead, he became “very angry, and his countenance fell” (Gen. 4:5). As was the case with the first sin, God came to the sinner, not vice versa (Gen. 3:9). The Lord asked Cain to justify his anger and encouraged Cain to examine himself. God promised that if Cain did well, he would be accepted and blessed. But if he refused to do what was right, sin would be close at hand, waiting to gain mastery over him. Cain resisted the grace of God, turned his back on Him, and slid deeper and deeper into sin.

Cain’s selfish attitude, displayed when he brought his offering to God, turned into anger when he realized that God did not look with favor on him. His anger was then replaced with jealousy toward his brother, Abel. He decided to get rid of Abel once and for all. He attacked Abel and killed him (Gen. 4:8).

Cain’s murder of Abel was monstrous not only because it was the first murder recorded in history, but also because it was committed by a man against his brother (1 John 3:12). And it was committed against an innocent man, a “righteous” man.

### Additional Reference Materials

*The Battle for the Beginning* by John MacArthur

*The MacArthur Study Bible* by John MacArthur

To try to cover up his brother's murder, Cain lied to God. When asked where Abel was, he said, "I do not know" (Gen. 4:9)—a deliberate and blatant lie. Then he continued to speak with indifference and a lack of concern: "Am I my brother's keeper?"

**Note:** Through the centuries, those words have provided a rationale down for people who refuse to get involved with the problems and difficulties their neighbors are having. Like the priest and Levite in the parable of the good Samaritan, they see human misery and suffering but pass by "on the other side" (Luke 10:31–32). They have little or no sense of responsibility toward others.

Cain had nothing to gain by lying to God because his brother's blood gave him away (Gen. 4:10). Cain had disobeyed God, and disobedience always brings divine judgment. Cain would incur judgment and would be driven from the very ground that he had soaked with his brother's blood (Gen. 4:11). Before, Cain had worked the soil, and it had produced plenty of food (Gen. 4:2–3). But now, though he might labor long and hard, the ground would no longer yield its crops for him (Gen. 4:12). The ground that had received the blood of Cain's brother would never again provide Cain with the livelihood he had always enjoyed. Far from being the settled farmer he had always been, he would become a restless wanderer on the earth (4:12, 14). Cain would be a fugitive, or vagabond, moving from one place to another. Cain confessed that the punishment was greater than he could bear (4:13). He feared that whoever found him would kill him (4:14). Notice that Cain showed no hint of remorse, no desire to ask God to forgive him for the death of Abel. His response to God's judgment was totally selfish.

Still, the Lord guaranteed Cain protection. He set a mark on him (Gen. 4:15). Whatever the mark or sign was, we can marvel at why God would promise to protect such a violent man and permit him to live. For that matter, why did God permit David to live after he committed adultery and murder (2 Sam. 12:13)? We can answer only that God is sovereign; His grace is boundless.

Cain's failure to give God his heart along with his offering made it impossible for God to look on him with favor. Cain then became angry at God and jealous of his brother. Jealousy, as it grew and festered, gave way to murder, and Cain then lied in order to cover his sins. When his lie was found out and God pronounced judgment, Cain responded not with remorse over what he had done, but with complaints about his severe punishment and with selfish concern about his own well-being. Alienation from God was the ultimate result (Gen. 4:16).

## POINT TO THE TRUTH

*"Give ear, O my people, to my law; incline your ears to the words of my mouth"  
(Psalm 78:1).*

This section includes questions to review last week's lesson and ideas to prepare students for this week's lesson. Choose from the following ideas to point to the truths of this lesson.



### Review Questions

*Use these questions to review and reinforce key truths.*

What could Adam and Eve eat in the garden of Eden?

*Fruit from all the trees but one*

What would happen if Adam and Eve ate from the forbidden tree?

*They would die.*

Who lied to Eve, saying that she would not die?

*The serpent, Satan, lied to Eve.*

What did Satan promise Eve?

*She would be like God.*

Did Adam and Eve eat from the forbidden tree?

*Yes. This was sin.*

Were they punished?

*Yes. The man had to work hard to get food, and it would hurt for the woman to have babies. They were both driven out of the garden.*

Did Adam and Eve die?

*Yes. Their bodies did not die right away, but they did die eventually. Also, Adam and Eve immediately died spiritually.*

Is there any hope for us?

*Yes. If we put our faith in Jesus Christ as our Lord and Savior, we can be forgiven.*



### Play-Doh Tables

As the students arrive to class, direct them to a table with Play-Doh utensils and cookie cutters shaped like gingerbread men in assorted sizes. Have the students make a Play-Doh family, some sheep, and fruits and vegetables. In today's lesson, we will see what kinds of jobs God gave to Cain and Abel.



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### Happy/Mad Face Masks

Give each child a paper plate with eyeholes cut out, colored yarn for hair, crayons, and a wooden craft stick. To demonstrate Cain's fallen countenance, have the students draw and decorate a happy face on one side of the plate and a mad face on the other side. Glue a craft stick onto the plate for a handle. Tell the class that today they will learn how Cain's attitude was wrong and his countenance fell.



## Puppet Disobeys

Have a hand puppet talk about times he disobeyed and what happened. Have the students share ways they have disobeyed. Talk about the consequences of disobeying. What does God think when we disobey? Next, talk about having a grumpy, angry, or jealous heart. The puppet can tell stories about this as well. Let students play with puppets and talk to one another, telling about times they have disobeyed and what the consequences were. In today's Bible lesson, they will hear about how Cain had an angry heart and disobeyed God.

## PROCLAIM THE TRUTH

*"Telling to the generation to come the praises of the LORD, and His strength and His wonderful works that He has done" (Psalm 78:4).*

This section includes the Bible lesson, lesson questions, and praise and worship ideas. Song suggestions are included to use during worship time. Use the lesson questions to check the students' understanding. This section also includes various presentation ideas to use during the teaching time. Read the Bible passage several times before you read these pages. All teaching should be done directly from the Bible.

## Bible Lesson

### Reading of the Text

Read Genesis 4:1–12.

Have you ever had one of those days when you disobeyed your mommy and had a bad attitude all day? Maybe she warned you that you would get into even more trouble if you continued to disobey. Today, we are going to hear a story about a similar situation that happened to two brothers, Cain and Abel. But this story has consequences much more serious than getting a time-out. Let's see what happened.

After Adam and Eve had been kicked out of the garden of Eden, they had two sons named Cain and Abel. When the boys grew up, Cain became a farmer and Abel became a shepherd. One day, they brought offerings to the Lord. Abel brought animals, and Cain brought vegetables and grains. God was happy with Abel's offering. But God was not happy with Cain's offering because Cain had a sinful attitude. And rather than confessing his sin, Cain got very angry!

God asked Cain, "Why are you angry? If you had made the offering to please Me, I would have been happy with it. You are on the path to greater sin." But Cain did not listen. Instead, he went out to the field to talk to his brother Abel. And sure enough, Cain got mad again, and he killed Abel!

Then God said to Cain, "Where is Abel your brother?"

Cain answered, "Am I my brother's keeper? Do I have to watch out for him every moment of the day?"

God was very angry. "What have you done? The voice of your brother's blood cries out from the ground. So now you are cursed from the earth....You shall be cursed. When you plant your plants in the ground, they will not grow. You shall spend the rest of your life wandering around the world." Cain realized that his sin was very

serious, and he was very sorry. But it was too late to go back. He spent the rest of his life wandering the earth under God's protection.

Do you see why it is very important to have self-control? When you don't, it is very serious. When you get older, "serious" will mean more than getting a time-out. It is important to have a happy attitude toward God and not be angry. You must honor God with your attitudes and actions. If you obey God with the right attitude right away, you will honor God and keep from sinning even more.



## Lesson Questions

What work did Cain do?

*He was a farmer.*

What work did Abel do?

*He was a shepherd.*

Was God pleased with Cain's offering?

*No. Cain had a bad attitude.*

Was God pleased with Abel's offering?

*Yes. Abel had a good attitude.*

Did God warn Cain about his sinful heart?

*Yes.*

How did Cain respond?

*He got angrier and killed his brother.*

What did God do?

*He punished Cain.*

What should you do when your parents warn you?

*Confess and obey.*

## Presentation Ideas



### A Beka Book Flash-A-Cards

Use appropriate A Beka Book Flash-A-Cards to present the lesson.



### Betty Lukens Flannelgraph

Use appropriate flannelgraph pieces to present the lesson.



### Veggies and Stuffed-Animal Props

Bring a large basket of fresh vegetables to illustrate Cain's offering, and bring in stuffed lambs to illustrate Abel's.



### The Curse

On the students' arrival to class and continuing throughout the lesson, mark a helper or parent volunteer as "cursed." (This curse could be represented by a large piece of poster board with Cain's curse from Genesis 4:11-12 written on it.) Inform the students that the cursed person cannot sit (representing Cain's curse to be a vagrant),

cannot play with toys, and must carry weeds or dried grass (to represent poor crops). This will give an example of a curse and could lead into a discussion of God's instructions, how Cain chose to disobey, and how he was punished. God's mercy could also be discussed. In today's lesson, we will learn about a man who had a severe curse.



### Acting Out

Teachers or helpers can act out various scenarios, some of children being good and kind and others of children sinning. Help students to recognize what sin is and that we need to admit and confess sin.

## Praise and Worship

*Come, Let Us Worship and Bow Down*

*Oh, Be Careful*

*Praise Him, All Ye Little Children*

*Seek Ye First*

*Trust and Obey*



### A Heart of Sin

Cain was the world's first baby boy,  
*(Hold up one finger; rock folded arms back and forth.)*

But his heart did not have joy.  
*(Trace heart in front of chest and shake head back and forth.)*

Instead, his heart was full of sin.  
*(Hold arms open wide.)*

So God did not respect him.  
*(Shake head back and forth.)*

Cain let sin come through the door.  
*(Pretend to open door with hand.)*

And so his garden grew no more.  
*(Place wrists together; then fold hands in like the petals of a flower.)*

## PRACTICE THE TRUTH

*"That they may set their hope in God, and not forget the works of God, but keep His commandments" (Psalm 78:7).*

Choose ideas from this section to review and apply the truths of the Bible lesson.



### Abel's and Cain's Work

Materials: copies of the "Abel's Work, Cain's Work" craft page, cotton balls, dried beans and corn, glue

Directions: Give each student a copy of the craft page and some glue. Tell each





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### **My Brother's Keeper**

Have the students demonstrate how we can care for others by leading a blindfolded person around the room, taking care to protect him from tripping or injury. This will show the students how to show love to others and how they can “keep” their brother.



### **God's Mercy Flower**

Use this coloring sheet to reinforce to the students that God showed mercy to Cain. Read to them the five points listed on the flower; then let them color the picture. The coloring sheet is located at the back of the lesson.

### **Coloring Sheets**

Give each student a copy of the coloring sheets at the back of this lesson. The students can color the pages in class or at home.



### **MEMORY VERSE**

*This is a long verse and may take several weeks, but even three-year-olds can learn this. Explain difficult words each week as you recite the verse.*

“And the LORD God commanded the man, saying, ‘Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day you eat of it you shall surely die’” (Genesis 2:16–17).



### **Roller-Ball Review**

With students seated in a large circle on the floor, legs crossed and knees touching, roll a ball from one child to another. The one who catches the ball answers the next question or says the memory verse. You may need to prompt the younger students with their answers.



# Abel's Work

ABEL

“Now Abel was a keeper of the sheep,

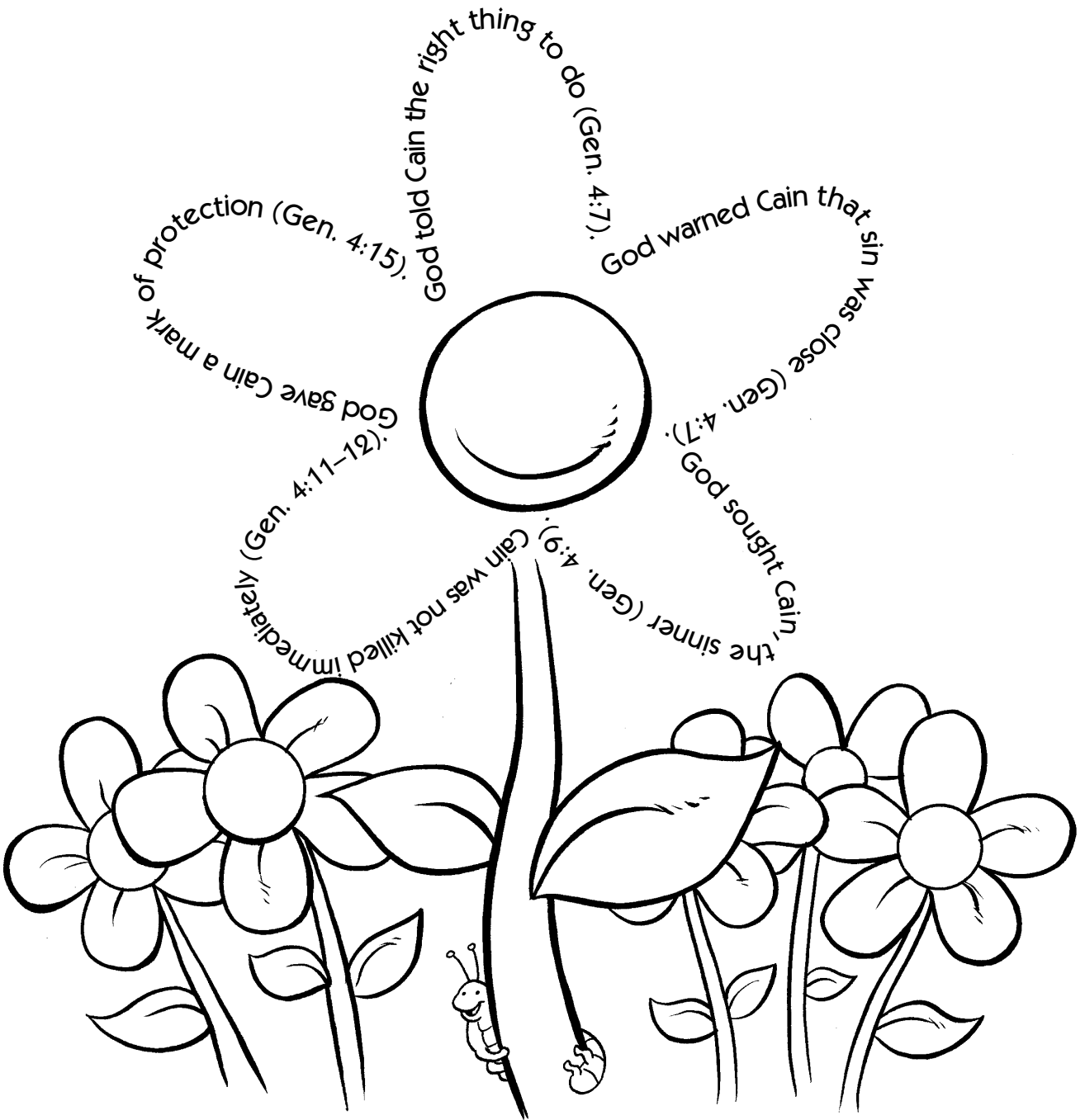
# Cain's Work

CAIN

but Cain was a tiller of the ground” (Genesis 4:2).



# God's Mercy Flower







**Cain**



**Abel**







**"Cain was very angry, and His countenance fell" (Genesis 4:5).**





**“Cain rose up against Abel his brother and killed him.  
Then the LORD said to Cain, ‘Where is Abel your brother?’  
He said, ‘I do not know. Am I my brother’s keeper?’” (Genesis 4:8–9).**

