



# Cain and Abel

## Handout

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**Session Theme:** Our Attention NOT on God

**Demonstration:** "The Balloon"

**Scripture Story:** *Genesis 4:1-17 (NRSV)*

**Movie Clip:** Gulliver's Travels

1 Now the man (Adam) knew his wife Eve, and she conceived and bore Cain, saying, "I have produced a man with the help of the Lord." 2 Next she bore his brother Abel. Now Abel was a keeper of sheep, and Cain a tiller of the ground. 3 In the course of time Cain brought to the Lord an offering of the fruit of the ground, 4 and Abel for his part brought of the firstlings of his flock, their fat portions. And the Lord had regard for Abel and his offering, 5 but for Cain and his offering he had no regard. So Cain was very angry, and his countenance fell. 6 The Lord said to Cain, "Why are you angry, and why has your countenance fallen? 7 If you do well, will you not be accepted? And if you do not do well, sin is lurking at the door; its desire is for you, but you must master it."

8 Cain said to his brother Abel, "Let us go out to the field." And when they were in the field, Cain rose up against his brother Abel, and killed him. 9 Then the Lord said to Cain, "Where is your brother Abel?" He said, "I do not know; am I my brother's keeper?" 10 And the Lord said, "What have you done? Listen; your brother's blood is crying out to me from the ground! 11 And now you are cursed from the ground, which has opened its mouth to receive your brother's blood from your hand. 12 When you till the ground, it will no longer yield to you its strength; you will be a fugitive and a wanderer on the earth." 13 Cain said to the Lord, "My punishment is greater than I can bear! 14 Today you have driven me away from the soil, and I shall be hidden from your face; I shall be a fugitive and a wanderer on the earth, and anyone who meets me may kill me." 15 Then the Lord said to him, "Not so! Whoever kills Cain will suffer a sevenfold vengeance." And the Lord put a mark on Cain, so that no one who came upon him would kill him. 16 Then Cain went away from the presence of the Lord, and settled in the land of Nod, east of Eden. 17 Cain knew his wife, and she conceived and bore Enoch; and he built a city, and named it Enoch after his son Enoch.

### NOTES:

- ◆ Cain had the chance and the opportunity and the warning to not kill his brother. But he still did it. This is a pretty typical story: Both in the Bible and in everyday lives we see people who are told to be careful, to not do something, or to do something else, and then, what do they do? The people don't listen and follow through with what they want to do, often to disastrous results.
- ◆ In other lessons, we've talked about people who don't listen to God, like Jonah. **But listening isn't the only part to being in relationship to God.** When God first speaks to Cain, Cain doesn't speak back to God until *after* he kills Abel. Which means Cain was capable of speaking to God previously, but chose not to speak and instead stored up his thoughts and feelings about the situation that then "exploded" into killing his brother.