

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level K • Unit 6 • Week 1

CAIN AND ABEL—JEALOUSY

OBJECTIVE:

To teach the story of Cain and Abel and show how an attitude of jealousy can lead to hatred.

ATTENTION GETTER:

Prior to class try to think of a way you can highlight or recognize a particular student. Once class begins ask that student to come forward and highlight a good deed, accomplishment or action done. Though you don't want to gush over the boy or girl, you might even want to have a light round of applause from the rest of the class.

Ask: Have you ever been praised or acknowledged for something you've done? [They should be able to respond with some personal bright moments in their lives.]

Did you want others to be happy for you and to smile while you were praised or thanked? Was it especially important that your family be present?

Have you ever noticed someone who was not happy when others were applauded?

Say: Today we are going to learn about a man who became very upset when his own brother was praised by God Himself. And how that led to some very terrible troubles for him.

BIBLE LESSON:

Do: Begin to read the story of Cain and Abel in Genesis 4:1-2, from a child-friendly version, paraphrasing as necessary. Consider reading the story from a children's Bible story book.

Ask: What is the difference between a keeper of sheep and a tiller of the ground?

Do: Read verse 3-4.

Ask: Why were they bringing things to God?

Say: This is the way they were showing their love and respect for God. This is how people sometimes worshiped God back then.

Ask: Whose offering was pleasing to God?

Was Cain happy that God was pleased with his brother Abel? Can you think why he may not have been happy? Have you ever heard the word “jealousy”? Do you know what it means?

Do: If needed, give a kid-friendly definition. Include such concepts as resentful and envious of someone’s success and achievements; comes from suspicious fears or envious resentment.

Say: Instead of being happy for his brother or thinking of how his own offering could be better, Cain became jealous of his brother and was very unhappy.

Ask: Do you think God was fair with Cain? Did He treat Abel as His favorite?

Do: Talk about why God may not have been pleased with Cain. Show from verse 7 that God does not show favoritism, but is very fair.

Ask: Do you know what is going to happen next? Will Cain tell God he is sorry for feeling this way? Will Cain apologize to his brother? [Read verse 8.]

Say: Being jealous can bring feelings of anger and hatred and even end up hurting others, even family members.

Ask: Did Cain try to lie his way out of his mistake? [Read verses 9-12.]

Say: Cain ended up receiving a curse to show that jealousy and envy can lead to murder, which is wrong?

Ask: What should Cain have done?

Say: Cain should have tried to give a right offering in the first place and then change when he learned God was not happy. He should not have been jealous of his brother for his brother’s good deed.

LESSON APPLICATION:

Ask: Think back to the start of the class. How did you feel when your classmate was being praised? Were you happy for him or her? Or not so happy?

Do: If your class is not too large, bring each student up front and say something nice about him or her and have the class applaud.

Say: How nice it is when other people are happy when someone does good things! We should not be jealous.

MUSIC:

“Honor Your Father and Mother” by Steve Green. This is on the tape *Hide ‘Em In Your Heart*, Bible Memory Melodies, Vol. 2. (The Sparrow Corporation, P. O. Box 5010, Brentwood, TN 37024-5010). There are many songs on this tape suitable for Sabbath School classes.

MEMORY VERSE:

Genesis 4:7 (first part) “If you do well, will you not be accepted?”

family activity

THE POINT:

To teach the story of Cain and Abel and show how an attitude of jealousy can lead to hatred.

ASK ME...

- To tell the story of Cain and Abel.
- What does jealous mean?
- Is God fair?

FAMILY TOGETHER TIME:

Discuss what we should do when we sense that we are becoming jealous of someone.

Talk about how God's way is not being jealous and not bragging. Talk about how bragging makes other people feel.

MEMORY VERSE:

Genesis 4:7 (first part) "If you do well, will you not be accepted?"