

to repent. When Cain did not, God punished him.

Genesis 4:1–13, NIV—Adam made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, “With the help of the LORD I have brought forth a man.” **2** Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil. **3** In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. **4** And Abel also brought an offering—fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, **5** but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. **6** Then the LORD said to Cain, “Why are you angry? Why is your face downcast? **7** If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.” **8** Now Cain said to his brother Abel, “Let’s go out to the field.” While they were in the field, Cain attacked his brother Abel and killed him. **9** Then the LORD said to Cain, “Where is your brother Abel?” “I don’t know,” he replied. “Am I my brother’s keeper?” **10** The LORD said, “What have you done? Listen! Your brother’s blood cries out to me from the ground. **11** Now you are under a curse and driven from the ground, which opened its mouth to receive your brother’s blood from your hand. **12** When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.” **13** Cain said to the LORD, “My punishment is more than I can bear.

What I Have Learned

Answer True or False to the following statements.

1. Today’s lesson is taken from Genesis. **T or F**
2. Eve gave birth to sons, Cain and Abel. **T or F**
3. Cain was a farmer and Abel a shepherd. **T or F**
4. Cain gave the best offering to God. **T or F**
5. God did not give Cain a warning about sin. **T or F**
6. Angered, Abel murdered Cain. **T or F**
7. God said, “Am I my brother’s keeper?” **T or F**
8. God scolded Cain by making him become a shepherd. **T or F**

9. Cain felt God’s punishment was too much to handle. **T or F**

Keep In Mind

“The LORD said, ‘What have you done? Listen! Your brother’s blood cries out to me from the ground’”
(Genesis 4:10, NIV).

Choosing What’s Best

Think of people you have mistreated because you were angry at them. Think of how you mistreated them. Make a list of some of those people and discuss it with the other Juniors in class. Have your teacher pray with you for forgiveness for those actions and how to do better next time.

Doing My Part

Use the list you created in class of people you have mistreated, and during the week, ask them for forgiveness. Then, next to their names, write down their reactions.