

Lesson B1.2 - Don't Hurt Each Other



Teacher's Pages with Step-by-Step Lesson Plan

For Lower Elementary Students and Classes

Recommended for students in Preschool, Kindergarten, and Grades 1-2.

Quick Facts for the Teacher

Lesson Summary: Genesis 4:1-16

► Bible Characters: Cain, Abel, God

The story of Cain and Abel is a tragic one of sibling rivalry ending in a horrible outcome. When God preferred Abel's offering, Cain got very angry and killed his brother. Like other stories from the beginning of Scripture, it gives us a glimpse into human nature and how our lack of trust in God always leads to disaster.

Brief Bible Background

► Today's Lesson is from the Old Testament

► Scripture Section: Prehistory

The early chapters of the Bible contain stories from before the time of written history, showing how sin has always been a part of our human lives. Even when we turn away from him, God shows mercy.

For More Information

The primary role of a Sunday School teacher for Preschool, Kindergarten (pre-readers), and Early Elementary (new readers) is to simply tell children the stories of Scripture and introduce them to the major characters of the Bible.

Teachers who want to know more about the lessons for their own familiarity with the story are encouraged to read the information in the SEED Upper Elementary and Youth Teacher's Pages.

a. Classroom Greeting

Teachers should arrive 10 to 15 minutes before class and greet students and parents by name. Write the day's Bible Message on the white board or poster board for all the kids to see. Have kids gather on a rug or in a dedicated meeting space. Encourage the children to learn each other's names.

b. Opening Prayer Song

This same opening prayer song should be sung every week with young kids — remember, repetition is good. The words to this song are sung to the tune of "Mary Had a Little Lamb." No accompaniment needed.

*Thank you, Jesus, for this day, for this day, for this day.
Thank you, Jesus, for this day and everything you do.*

*Help us as we learn and pray, learn and pray, learn and pray.
Help us as we learn and pray and turn our hearts to you!*

c. Introduction to Today's Message

*Teacher's Script (student responses are in **bold**).*

Sometimes, we feel really angry. But even when that happens, we need to remember one rule: **Don't Hurt Each Other**. Say that with me: **Don't Hurt Each Other**. It's okay to feel angry; it's not okay to do bad things. Remember: **Don't Hurt Each Other!**

- Tell about a time you were mad but kept yourself from doing something mean. (*Choose a child to answer.*)
- Who wants us to treat each other well? (*God does!*)

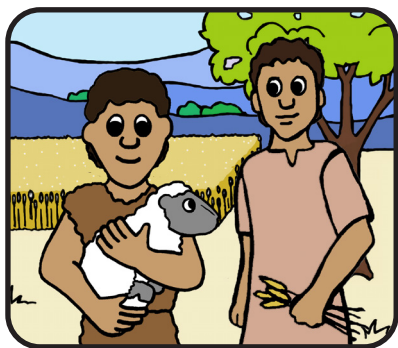
Today's story is about two brothers. One got angry at the other one and did a terrible thing. This made God very upset. God loves all of his children, even the ones who get on our nerves. So...**Don't Hurt Each Other!**

d. SEED Bible Story Video

The teacher may introduce the lesson by playing the video clip from the SEED website. This may be displayed simply on a laptop computer or tablet. If the classroom is equipped with a computer video monitor or video projector, the video can be displayed in a larger size.

e. Read the Story with Poster Pictures

The Bible Story has been divided into four parts, each with an accompanying Poster Picture. The teacher should hold up or point to the relevant Poster Picture while reading the individual part of the story, asking questions while reading. Posters may be printed on letter-sized paper, or enlarged and printed on ledger-sized paper if a bigger printer is available. Poster pictures may also be opened as a PDF on a computer screen, scrolling through each of the four pages.

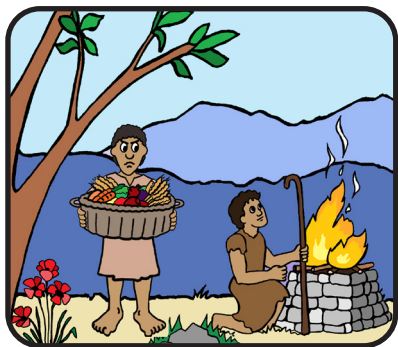


Picture 1

Tell the children: After Adam and Eve left the garden, they had two children. Both of them were boys. One was named Cain and the other was named Abel.

Read the caption: Cain and Abel were brothers. They had different jobs. Cain worked in the fields. Abel took care of the sheep.

- *Look at the picture. Which job would you rather do: Work in a field, raising grain? Or work in a pasture, tending sheep? Why?*
- *Do you think one job was more important than the other? Why or why not? [Both jobs are important, as both provide food and both care for the earth.]*

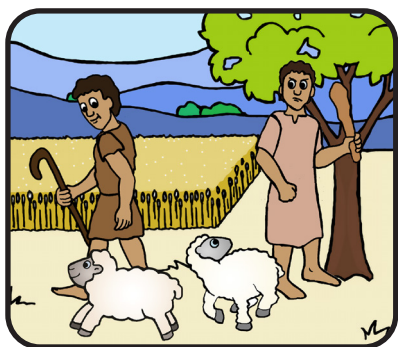


Picture 2

Tell the children: It was the tradition in that time to bring the best of what you had to God as a gift. This gift was called an offering.

Read the caption: One day, both brothers brought an offering to God. Cain saw that God liked Abel's gift more than his. This made Cain angry.

- *Looking at the picture, what is Cain feeling? How can you tell? [Cain is mad. He's frowning at Abel with lowered eyebrows.] How does Abel look? [Peaceful.]*
- *What do you do when you are angry? [Count to ten, pray, talk to a trusted adult, go for a walk, etc.] Why is this helpful? [I can calm down, feel less alone, etc.]*

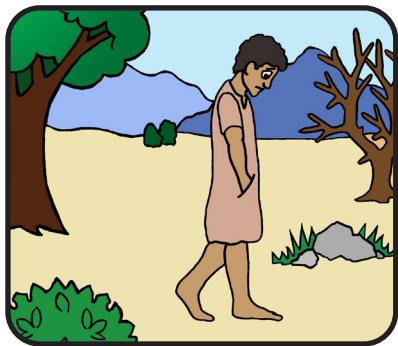


Picture 3

Tell the children: God told Cain not to worry. Cain could do better next time. But Cain did not listen to God. He kept thinking about how unfair everything was.

Read the caption: Cain came up with a very bad idea. He got Abel to come with him to the field. Then, Cain killed Abel.

- *Look at Cain's face. What do you think he is feeling here? [Very angry.] Why is he still mad? [The more he thinks about Abel's offering, the angrier he gets.]*
- *There is a Bible verse that says, "Be angry, but do not sin." What do you think that means? [It's okay to feel mad, but don't act out of that and do something bad.]*



Picture 4

Tell the children: God knew that Cain had killed Abel. God asked Cain where his brother was. Cain said he didn't know. But God knew.

Read the caption: Because of what he had done, Cain had to go away. But even then, God was kind to him. God marked Cain so no one would harm him.

- *What is Cain feeling in this picture? [Bad and sad. He can't change what he did.]*
- *Why did God mark Cain? [God still loved Cain even though Cain had done a terrible thing. By marking him, God was able to protect Cain.]*

Remember today's message: **Don't Hurt Each Other!**

f. Bible Story Rhyme (optional)

The Bible Story Rhyme below is the same one found on the Upper Elementary Student sheet. The teacher can read the beginning of the line and see if the children can finish the last rhyming word of the phrase.

Cain and Abel were two brothers.
 They were different from each other.
 Cain tilled land and grew the crops,
 and Abel cared for herds and flocks.
 When they came to give an offering,
 God found Abel's gift was pleasing.
 Cain got mad God chose the other —
 so angry that he killed his brother.
 God asked Cain where Abel was.
 "Do I know what my brother does?"
 God knew what Cain had done that day,
 so God made Cain go far away.

g. Young Children's Activity (optional)

Simple in-class craft or game activities may be completed by the children if there is time left at the end of class. (Note: For the youngest children, simply providing crayons and letting them complete the Coloring Page may serve as the "craft" for the day.)

Mirror Faces

Divide the class into pairs and have them sit, facing one another. Explain that for this activity, one person in each pair must make whatever facial expression goes along with a word you say. The other person will be the "mirror," and will try to copy the exact same expression as quickly as possible. No one is allowed to laugh!



The words should get more difficult as they go, requiring kids to think a bit. Here are some "feeling" words to use: **Mad, sad, glad, scared, surprised, excited, furious, irritated, worried, horrified, pleased, overjoyed.**

When the activity is done and you've gone through the words, stop and discuss the following with the kids:

- Were there any words on the list that were new to you? What were they?
- Is it good or bad to have strong feelings? (Neither! Everyone has all sorts of feelings. That's normal. What matters most is how we behave. Remember today's lesson: **Don't Hurt Each Other.**)

h. Song (optional)

For this song, divide the class into two groups. Have one group sing a verse, and then the other group can echo it. See which group is louder! (You can listen to the tune online to get the melody. No accompaniment is needed.)

This Is My Commandment

This is my commandment that you love one another, that your joy may be full. (Group 1)

This is my commandment that you love one another, that your joy may be full. (Group 2)

That your joy may be full! (Group 1)

That your joy may be full! (Group 2)

This is my commandment that you love one another, that your joy may be full. (Both groups)

Verse 2: **This is my commandment,
 that you serve one another ...**

i. Story Review: Then What Happened?

Then What Happened is a learning game that helps kids retell the story and remember the flow of events. The teacher reads the starting sentence and then chooses a student to continue the story. There are two rules: each student may only add one sentence or say one new thing, and events in the story need to be in the right order.

► **Start: Long ago, there were two brothers named Cain and Abel. One day, both of them brought offerings to God. Then what happened?**

If the younger kids have trouble, cut a Take-Home Page into four pieces (with no words) and let the kids put the illustrations in order while they tell the story.

j. Closing Prayer

Send the children home with the Take-Home Page, and tell them to ask their parents to read the story to them again (or, perhaps, they can read it to their parents).

End class with this closing prayer, repeated each week for memorization.

*For all our friends, and family too,
 Please bless them, Lord, in all they do.*

*Thank you for helping us today
 So we could learn and grow and play.*

*Be with us as we leave again.
 And bring us back next time. Amen.*