

Lesson 2: Anger

Today's Bible Story

Adam and Eve had two sons. The first was named Cain; he worked in the fields raising crops. The second son was Abel; he took care of sheep.

One day, both of these young men brought their offerings to the Lord. God liked what Abel brought as an offering, but God did not like what Cain had given. So Cain became angry, and he walked around with his face looking down at the ground.

God asked Cain, "Why are you angry? Why are you looking down? Don't you know that if you do well, everything will be fine? Be careful; if you do not do well, your bad deeds will get you. Sin is like a lion waiting at your door; you must control it."

But Cain didn't listen to God. He went to his brother and asked Abel to follow him out into the field. When they got there, Cain beat his brother Abel and killed him.

God knew what happened. God went and asked Cain: "Where is your brother Abel?"

Cain said, "I don't know. Why are you asking me? Am I my brother's keeper?"

"I know what you have done," God replied. "Your brother's blood is crying out to me from the ground." Then the Lord told Cain what would happen because of his sin. God said: "From now on, whenever you try to grow things from the ground, it will be no good. You will be a hunted man and will wander around on the earth the rest of your life."

"People will kill me!" cried Cain. "No," promised the Lord, "I will make sure that doesn't happen." God put a mark on Cain so that no one who found him would kill him. Cain went away from the presence of the Lord and settled in the land east of Eden.



From Genesis 4:1-16

Bible Rhyme

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.

In the Bible, we hear about many different pairs of brothers. Some had a good relationship, and others did not. Look up the Bible verses to find out who was related to whom.

Match the boys' names in Column A with their brothers' names in Column B by drawing a line between them. (There is one name you will not use.)

Bible Verse**Column A****Column B**

- | | | |
|-------------------|--------------------------|---------|
| 1. Genesis 4:1 | ☐ | Cain |
| 2. Genesis 25:9 | ☐ | Isaac |
| 3. Genesis 25:27 | ☐ | Jacob |
| 4. Genesis 35:24 | ☐ | Joseph |
| 5. Genesis 48:1 | ☐ | Ephraim |
| 6. Leviticus 10:1 | ☐ | Nadab |
| 7. 1 Samuel 1:3 | ☐ | Hophni |
| 8. Matthew 4:18 | ☐ | Peter |
| 9. Matthew 4:21 | ☐ | James |

Ishmael

Abel

Abihu

Benjamin

Manasseh

Esau

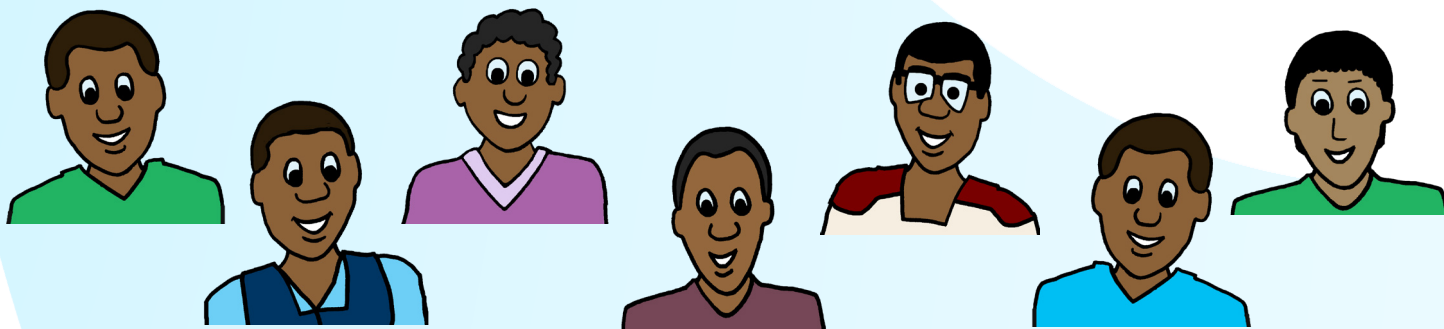
Bob

John

Andrew

Phinehas

In the group of boys below, circle the two that are identical twin brothers:



1) Why do you think Cain was trying to compete with his brother? What made him so mad?

2) When you start to become angry, what are some things you can do to get yourself back under control?