

Genesis 4: 1–9 Two brothers, one problem

The story of Cain and Able, by Saddleback Kids

<https://youtu.be/fXPvdV4cpiY?si=bSwNWIAZjg4NQWVa>



It can be hard when we feel strong emotions. Sometimes we want to hit out, sometimes we want to run away. There are things we can do to help.

Make a stress ball. Take a balloon (do not blow it up) or an old sock and fill it with rice. Secure the end by either tying a knot in the balloon or using an elastic band to bring the material together. You could use marker pens to decorate the balloon. Then squeeze the ball to help you when your emotions feel really big. Remember to take some slow deep breaths when you do. You could even try talking to God.



A prayer for when you feel jealous:

Dear God, I feel jealous. Help me with that feeling; help me feel peace instead. Amen.

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Adam and Eve had a son. Then Eve said, "I'll name him Cain because I got him with the help of the Lord." Later she had another son and named him Abel.

Abel became a sheep farmer, but Cain farmed the land. One day, Cain gave part of his harvest to the Lord, and Abel also gave an offering to the Lord. He killed the first-born lamb from one of his sheep and gave the Lord the best parts of it. The Lord was pleased with Abel and his offering, but not with Cain and his offering. This made Cain so angry that he could not hide his feelings.

The Lord said to Cain:

"What's wrong with you? Why do you look so angry? If you had done the right thing, you would be smiling. But you did the wrong thing, and now sin is waiting to attack you like a lion. Sin wants to destroy you, but don't let it!"

Cain said to his brother Abel, "Let's go for a walk." And when they were out in a field, Cain attacked and killed him.

Afterwards the Lord asked Cain, "Where is Abel?"

"How should I know?" he answered. "Am I supposed to look after my brother?"

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I wonder what emotion you are feeling right now.

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