

Explore It FOR LEADERS



CAIN MAKES A BAD CHOICE

Genesis 4:1-12 The first family

Have you ever heard of the green-eyed monster? It represents all those feelings of envy and jealousy we get when someone else has something that we want. Our Bible character for today made a terrible choice because he was jealous of his brother. In today's session we will think about ways we can make the right choice and avoid feeling jealous toward others.

Each child will need:

- A paper plate, a Styrofoam ball (if possible), scissors, glue, green pen or paint plus additional craft materials – see Action It section

You will need:

- *Toy Story* questions to place around the room – see Start It section (optional)

Start It

Show the children the clip from *Toy Story*. They will need to watch carefully to answer the questions when the clip has finished.

Video

Toy Story 'Woody is jealous' by Disney Pixar (Crazy Buzz Fan) (1 min 46 secs)
www.youtube.com/watch?v=UULFS0kf7_g

You can either read the questions out and discuss, or you could stick individual questions around the room to get the children moving. The first child or partnership to come back with all the correct answers could get a prize.

1. What colour is Buzz Lightyear's laser beam? **Red**
2. Who shakes hands with Buzz Lightyear? **Rex**
3. What is the colour of the large clock on the wall? **Blue**
4. When Buzz presses his button, what does it say? **'Buzz Lightyear to the rescue'**
5. How does Woody make a noise? **He has to pull a string**
6. How does Mr Potato Head describe the noise Woody makes? **Like a car ran over it**
7. Who is Buzz's arch enemy? **The Evil Emperor Zurg**
8. Bo Peep says that Buzz has more gadgets than a what? **Swiss army knife**

Ask: How did Woody feel about Buzz?

- **Say:** Woody was jealous of Buzz because he was so popular with all the other toys.
- **Say:** Our session today is all about how we can make the right choice when we are jealous of the things other people have.

Sing It

- **Say:** In today's story Cain chooses not to show love to his brother because he is jealous of him. Our song for this session reminds us of the different ways we can show love to others.

'Follow the way of love' by Gospel Light Kids (tkcross) (2 mins 26 secs)

Warning: includes flashing images

www.youtube.com/watch?v=AGDOEUKSmeE

Tell It

Ask: Have you ever heard of the green-eyed monster? Or a visit from the green-eyed monster?

💡 **Say:** We often describe someone as having a visit from the green-eyed monster when they are jealous of someone else. The green-eyed monster isn't real, but it gives us a useful way to imagine what our jealousy looks like.

Ask:

- Do you ever get jealous of other people?
- If so, what does it tend to be about?
- Why do you think we get jealous of others?

💡 **Say:** Often, when we have an attack of the green-eyed monster, it is because we want something that someone else has or we don't like them having more than us. Jealousy is not a nice emotion to feel, and it can often lead us to make poor choices, or even tragic ones like our Bible character for today.

Read:

'Adam had sexual relations with his wife Eve. She became pregnant and gave birth to Cain. Eve said, "With the Lord's help, I have given birth to a man." After that, Eve gave birth to Cain's brother Abel. Abel took care of sheep. Cain became a farmer.

'Later, Cain brought a gift to God. He brought some food from the ground. Abel brought the best parts of his best sheep. The Lord accepted Abel and his gift. But God did not accept Cain and his gift. Cain became very angry and looked unhappy.

'The Lord asked Cain, "Why are you angry? Why do you look so unhappy? If you do good, I will accept you. But if you do not do good, sin is ready to attack you. Sin wants you. But you must rule over it."

— (Genesis 4:1-7 ICB)

Ask:

- What did Cain and Abel bring to God as an offering?
- Which one was a greater gift to bring?

💡 **Say:** Abel brought the precious gift of the best parts of his sheep to God. He gave God his best. Cain brought a gift, but it wasn't the best he could give.

Ask:

- How did Cain react when God rejected his offering?
- What 'green-eyed monster thought' do you think Cain started to have?
- What do you think Cain did next?

Read:

'Cain said to his brother Abel, "Let's go out into the field." So Cain and Abel went into the field. Then Cain attacked his brother Abel and killed him.

'Later, the Lord said to Cain, "Where is your brother Abel?"

'Cain answered, "I don't know. Is it my job to take care of my brother?"

'Then the Lord said, "What have you done? Your brother's blood is on the ground. That blood is like a voice that tells me what happened. And now you will be cursed in your work with the ground. It is the same ground where your brother's blood fell. Your hands killed him. You will work the ground. But it will not grow good crops for you any more. You will wander around on the earth."

— (Genesis 4:8-12 ICB)

🗨️ **Say:** The story of Cain and Abel is upsetting because Cain let jealousy take over his emotions. This led to Cain making a tragic choice.

Ask: How did Cain react when God asked him where Abel was?

🗨️ **Say:** Cain was given an opportunity to be honest with God about his sin, but instead he denied knowing where Abel was. God was trying to teach Cain a valuable lesson about his sin, but Cain didn't want to listen. The following clip explains a bit more about the offering.

Video

Cain and Abel's offering by Saddleback Kids (1 min 31 secs)

www.youtube.com/watch?v=CSrfONGsrzo&t=2s

🗨️ **Say:** In the clip we see Cain kicking over the food basket when he doesn't get his own way.

Ask:

- ➔ Can you relate to how Cain is feeling at that point? Explain why.
- ➔ Why is it a big mistake to make a choice when we are feeling angry, upset, or jealous?
- ➔ What choice could Cain have made instead?

Action It

🗨️ **Say:** If we are not careful, jealousy can lead us to make poor choices. God wants us to love him and love others and that includes not constantly comparing ourselves to other people.

🗨️ **Say:** Paul wrote about the way we can love other people in his first letter to the Corinthians.

Read:

'Love never gives up.
Love cares more for others than for self.
Love doesn't want what it doesn't have.
Love doesn't strut,
Doesn't have a swelled head,
Doesn't force itself on others,
Isn't always "me first,"
Doesn't fly off the handle,
Doesn't keep score of the sins of others,
Doesn't revel when others grovel,
Takes pleasure in the flowering of truth,
Puts up with anything,
Trusts God always,
Always looks for the best,
Never looks back,
But keeps going to the end.'

— (1 Corinthians 13:4-7 MSG)

Ask:

- ➔ Did you spot the part that talked about jealousy?
- ➔ What did it say?

🗨️ **Say:** 'Love doesn't want what it doesn't have.'

🗨️ **Say:** Today we are going to make our own green-eyed monster to remind us that jealousy has no place in our love for God and our love for others.

Craft

The children will need paper plates and a range of craft materials to make their green-eyed monsters. Here are some examples of ways to make paper plate monsters by Super Simple.

www.supersimple.com/article/monster-paper-plate-craft/

Ask the children to include the words 'Love doesn't want what it doesn't have.' They could write this on their monster or create a thought bubble to add to it. Give the children an opportunity to share their finished creations.

● **Say:** Today we have discovered how important it is to make sure we do not let the green-eyed monster, our jealousy, take over our thoughts and feelings. Even though the green-eyed monster is totally made up, it is a good reminder that, with God's help, we can be happy for other people when they have something that we would like.

Pray It

Ask: We have had another busy creative 'Explore It' session today. So, what do we need to do now?

● **Say:** Our memory verse for this month reminds us how important it is for us to rest. Let's share our memory verse together.

'God blessed the seventh day and made it a holy day. He made it holy because on that day he rested. He rested from all the work he had done in creating the world.'

— (Genesis 2:3 ICB)

Encourage the children to find a place to lie down or sit comfortably for a time of quiet. This will need to be tailored to your group, but they will hopefully be able to rest for a little longer than in the previous session. Some children may find it very difficult to sit quietly, but the hope is for them to gradually become more comfortable taking a moment to rest. When you feel that the time is right, then bring the session to a close as you read the words of 1 Corinthians 13:4-7 as a closing prayer.

● **Say:**

Love never gives up.

Love cares more for others than for self.

Love doesn't want what it doesn't have.

Love doesn't strut,

Doesn't have a swelled head,

Doesn't force itself on others,

Isn't always "me first,"

Doesn't fly off the handle,

Doesn't keep score of the sins of others,

Doesn't revel when others grovel,

Takes pleasure in the flowering of truth,

Puts up with anything,

Trusts God always,

Always looks for the best,

Never looks back,

But keeps going to the end.

Heavenly Father, help us to make the right choices this week and try to show your love to others in this world.

Amen.

Explore It

Remember to send home the *Explore It Ideas* for children and families.

Explore It

IDEAS

Here are some ideas for you to explore at home.

FEBRUARY
SESSION 03

CAIN MAKES A BAD CHOICE

 Genesis 4:1-12 The first family

FOR ME

TOGETHER



Pray

Shrove Tuesday is on 21 February.

Traditionally Christians give up something for Lent, which starts on Shrove Tuesday. But some choose to do a challenge instead. And some do both!

Read through 1 Corinthians 13:4-7.

- ➡ Which of the examples of God's love could you focus on during Lent?
- ➡ What would you need to ask God to help you give up, so you can show his love to others?



Share

Watch this clip with someone at home and share with them what you have asked God to help you give up over Lent.

Love is patient and kind (1 Corinthians 13) by Logos Bible Software

www.youtube.com/watch?v=8F9_A7XIU6k

After you have watched the clip, see if your friends and family would like to give up something for Lent as well.



Song for the week

'Follow the way of love' by Gospel Light Kids (tktcross)

Warning: includes flashing images

www.youtube.com/watch?v=AGDOEUKSmeE



Memory verse

'God blessed the seventh day and made it a holy day. He made it holy because on that day he rested. He rested from all the work he had done in creating the world.'

— (Genesis 2:3 ICB)

KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

