



LESSON 2

Cain Gets Angry

Genesis 4:1-15

(KBC Study Bible, pages 6-7)

Character Word

Respect – to show a high or special importance to someone or something; honor one another

Cain did not respect God’s rules or his brother’s life.

I can respect others by treating them the way I want to be treated.

Memory Link

“Therefore, whatever you want men to do to you, do also to them.”

Matthew 7:12a (KBC Study Bible, page 1033)

Weekly Challenge

Want to shock your parents? Treat them with respect. Challenge yourself to see how long you can continue to respect your parents with your obedience and attitude. An hour? A day? All week? Make notes of times you show respect to your parents and tell your surf team leader how well you did.

DAY 1 READ: Ephesians 6:1-3 (KBC Study Bible, page 1291)

THINK: God commands that you honor your father and your mother. That means treating your parents with respect by your attitude and actions. Respectful obedience to your parents is also respectful obedience to God.

PRAY: God, help me to be respectful to my parents every day. I want to honor my parents and honor You, too. Amen.

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DAY 2 READ: Romans 12:10 (KBC Study Bible, page 1244)

DO: Gather two paper cups. Place a handful of dried beans in one of the cups. Each time you show respect, love or honor to someone, move a bean to the other cup. Your goal is to show so much respect that, over time, you move all the beans to the other cup.

PRAY: Dear God, please help me consistently show respect to others. Amen.

DAY 3 READ: Genesis 4:6-8 (KBC Study Bible, page 6)

THINK: Cain didn't treat Abel with respect. Cain let his jealousy get so out of control that he killed his own brother. We need God's help to live with self-control and treat others with respect even when it's hard.

PRAY: God, forgive me when I act out in anger. I need Your help to have self-control and treat others with respect. Amen.

DAY 4 READ: Matthew 7:12a (KBC Study Bible, page 1033)

THINK: This week's memory link is sometimes called "The Golden Rule." How do you think it got that name? Maybe because these wise words have great value, like gold. But they're only words until you live them out. How will you treat others with respect today?

PRAY: God, I want to treat others respectfully, the way I want to be treated. Please help me. Amen.

DAY 5 READ: Exodus 20:3-17 (KBC Study Bible, pages 85-86)

DO: Take a look at "The 10 Commandments" in your KBC Study Bible (before page 243). These important rules from God can help you know how to respect God and respect others. Which one will you work on today?

PRAY: Thank You, God, for giving us rules to help us know how to live. Help me follow them with respect. Amen.

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